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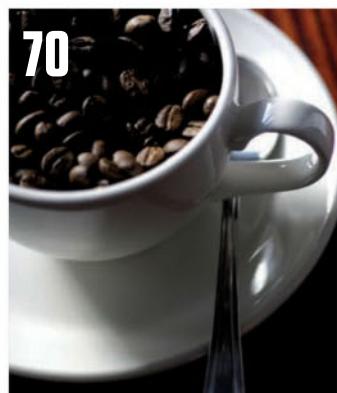
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# AUSTRALIAN **IRON MAN**

BODYBUILDING & FITNESS MAGAZINE

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# IM PUBLISHER'S LETTER

## Dream On

By Silvio Morelli



The key to achieving anything in life is setting goals. Winning a bodybuilding contest, adding 10 kilos of muscle to your frame, even becoming a millionaire...all of these start in the mind. All achievement starts with a dream.

It's important to dream big. There's a famous saying by the great philosopher and leading self-help teacher Mr. Norman Vincent Peale and that is, "Shoot for the moon and even if you miss, you'll land among the stars."

Dream big. Why not? Why not you? Make it a big goal. Don't settle for second best. What is it that makes your heart sing, motivates and inspires you? You have been put on this earth to fulfil your potential — don't listen to anyone who doesn't support you and spurs you on to doing it and shooting for your dreams.

Once you have figured out what makes your internal fire burn, what totally inspires you, set a big goal to achieving that thing. Make sure it's big, though, because the bigger the goal, the bigger the rush, the motivation and inspiration. When you have set that goal, you need to figure out what stands in the way: the challenges. Break down the process into smaller goals — come up with an action plan of overcoming any obstacles, and then set about achieving each of the smaller goals that will eventually lead you to achieving your major goal.

So, if your major goal is to put on 10 kg of muscle mass, something that might take many months or even years, your smaller goal might be to gain half a kilo of muscle in six weeks. Or a long-term goal to eventually squat 200 kilos needs incremental steps along the way. Add five kilos to your squat in four weeks, for example. Take it one step at a time.

*Iron Man* has always strived to cater for both the long-term and short-term goals of our readers. Take our arm-training article in this issue, 'Super Bi's and Tri's'; the idea behind this intensity program is to superset a triceps exercise with a biceps exercise in order to spur new growth in your arms. A new program to try out is one step along the way to reaching a long-term goal — those bigger arms you've dreamed of.

On a similar topic, this issue features Aussie trainer and motivational speaker Karim El Barche. He talks about reaching your goals in 'Building Your Best Physique Ever' but it's not specific workouts he shows you. It's four steps you can take inside your own mind to take hold of your life and start to achieve great things, short term and long term.

For some people, the long-term goal is to step on stage. Looking at our coverage of the INBA Southern Cross Championships in this issue, you might be seeing the end result of your own goal. The information on how to get there, to diet down and train with intensity? All that is in other parts of the magazine, like in our Train to Gain, Eat to Grow and Body Conquest sections.

If you are serious about reaching your goals, there's nothing to stop you — if you have the right strategies in place. So set both your long-term goals and your short-term goals and start to work towards them — and *Iron Man* will be right there with you.

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## Nathan Wallace

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Natural Body-building Sensation Nathan Wallace may be one of the most dedicated, disciplined and mindful young body-builders on the Natural World Circuit today. Nathan understands the importance of high quality supplementation to a nutritionally sound diet plan. That's why Nathan chooses GEN-TEC.

## Ange & Nick Jones

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## Joel Ramintas

Natural Mr World, Mr Olympia & Mr Australia

Popular veteran Natural Body-building Champion Joel Ramintas has earned himself an abundance of Australian and International Body-building titles. Joel is the original GEN-TEC sponsored athlete who stands for everything GEN-TEC prides itself on; dedication, intelligence, persistence, innovation and integrity.



## HULK STILL RULES

Pro wrestling legend Hulk Hogan has announced he will be the General Manager of a string of WWE shows here in Australia next month during a recent press conference at Federation Square.

"The big announcement that I wanted to make to you guys in person — I'm not just here for the publicity, I'm not just here for the announcement... I'm going to be the official General Manager for the Australian tour," said Hogan.

Hogan, who lamented the fact he's never been to Australia to perform in front of his fans, praised the fanatical crowd for their warm welcome. "Every time I come to Australia, these crazy Hulkamaniacs treat me like I'm still the champion, brother," said Hogan.

"I was advertised a few times as coming here, sometimes I was advertised and I didn't know I was being advertised and one time I was hurt and I couldn't come — but I always wanted to come here."

The WWE Live Tour 2015 will be in Brisbane on August 6th, Melbourne on the 7th and Sydney on the 8th. Hogan will be joined by fellow WWE stars Randy Orton, John Cena, Seth Rollins, Sheamus, Dean Ambrose and Bad News Barrett.

WWE

## PALEO MYTHS BUSTED

Evolutionary biologist Professor Marlene Zuk recently spoke out against the trendy Paleo diet, which has become popular through high-profile advocates like Pete 'My Kitchen Rules' Evans.

"The Paleo diet is based on the idea that human genetics have not changed or evolved over the past 10,000 years, since the time before the use of agriculture," said Professor Zuk, who presented research at the Dietitians Association of Australia's National Conference in May. "But plenty of evidence exists that our genes have changed over the last few thousand years, and these changes mean we can eat foods our hunter-gatherer ancestors could not. The ability to digest milk is an example of this."

Pointing out that the majority of foods we eat today are vastly different from what our ancient ancestors would have consumed, Professor Zuk said, "Trying to emulate what people ate 10,000 or 100,000 years ago is impossible."



## TRAIN LESS, GAIN MORE

How many days a week do you train? Four? Five? Six? New research out of Brazil suggests it might not matter too much.

Ten bodybuilders (yep, not many studies use bodybuilders) were assigned to two groups: one that trained four times a week and another that trained six times a week. Both groups were matched for training volume. After four weeks, the subjects' body composition was assessed and their strength was tested.

The researchers concluded that there is little difference between training four times or six times a week. Each produced "similar increases in fat-free mass and muscular strength in elite bodybuilders".

The study was published in the *International Journal of Sport Nutrition and Exercise Metabolism*.



Michael Neveux



## FEDERATION MAKES MARK

The first Australian WBFF show was held in May on the Gold Coast, Queensland. With their sexed-up take on fitness, they drew many competitors from around Australia. The winner of each division — which included Diva Figure Model, Male Fitness Model, Diva Bikini Model, Diva Fitness Model and Male Muscle Model — received a WBFF pro card. The new WBFF pros include Rachael White, Brian Choi, Chantelle Radzevicius and Salman Dayoub. The next Australian WBFF show will be the WBFF Australian in October, also on the Gold Coast.

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## CONAN RETURNS

Arnold Schwarzenegger's return to Hollywood shows no signs of slowing down. With two movies already set to drop in 2015 — *Terminator: Genisys* and the zombie flick *Maggie* — Arnold is looking set to return to one of his first characters in *The Legend of Conan*.

Producer and co-writer Chris Morgan says the new film will not be a reboot (there was one of those already in 2011) but rather a direct sequel to 1982's *Conan the Barbarian*. The idea is that this will be the same world as the original film, but 30 years later. "When we meet him again, Conan has been many things over the course of his life — a thief, a warrior, a pirate, a king, a legend — and is now an older man," Morgan said. "Think *Unforgiven*...with a sword-wielding barbarian."

## PRO WEDDING

Congratulations are due to WBFF power couple Vlatka Dragic and Andrew Psomadellis who were married May 16.



Both are WBFF pro athletes and enjoyed a Thailand honeymoon following the big day. Congrats!

Noel Dagata

## RADIO DUO ATTEMPT FITNESS



Gold 104.3

Melbourne radio stars Bridget Duclos and Anthony 'Lehmo' Lehman are undergoing a bodybuilding journey as a stunt for their Gold 104.3 FM breakfast show. As part of their 'Body Sculpting Challenge' they are both being trained by the renowned Michael Tabban at his Muscle & Body Shape studio in Richmond. The plan is that they put their bodies on display at a public event organised by the radio programme, if not actually compete on a bodybuilding stage.

At time of print, Lehmo wasn't going so well, turning up to his first training session in chinos and runners, but the radio duo have signed a contract to adhere to a 'strict' training and nutrition plan, so it will be interesting to see how they go.

Good times (and great classic hits) up ahead!



## NEW FOOD PYRAMID

Australia's food pyramid recently got an update. In May, Nutrition Australia launched the new Healthy Eating Pyramid, with the authority saying that over the past 30 years, their aim has been the same: to encourage Australians to eat "a varied and balanced diet in line with current dietary guidelines".

While the previous pyramids separated foods into 'Eat more', 'Eat moderately' and 'Eat in small amounts' layers, the 2015 pyramid has separated those layers further to highlight the food groups.

"In 2015 our aim was to mostly convey what we should eat in a day, not what we should restrict," Nutrition Australia said on their website. In addition, the 'Move more' layer, introduced in 2004, has been removed. This is to "renew our focus on food and nutrition as the essential message of the Pyramid", although Nutrition Australia still promotes physical activity with its tagline 'Enjoy a variety of foods and be active every day'.

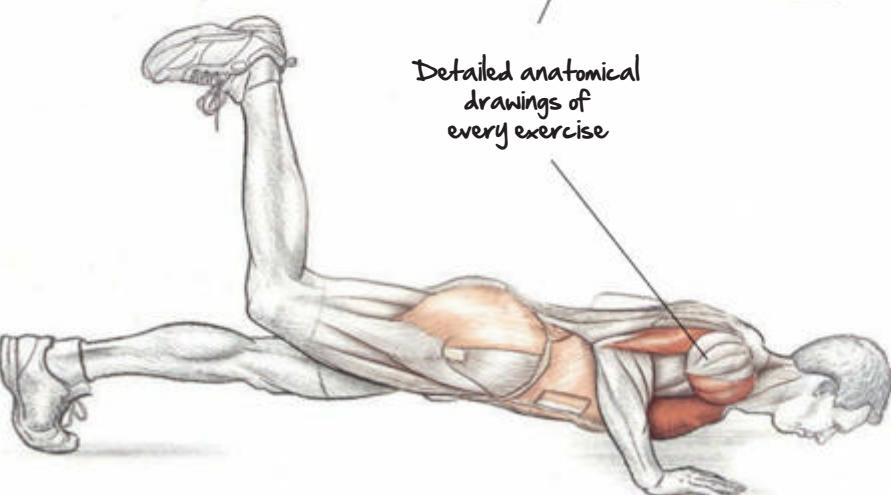
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## WATER TO CUT WEIGHT

On a cut? Drinking half a litre of water just before you eat could curb your appetite.

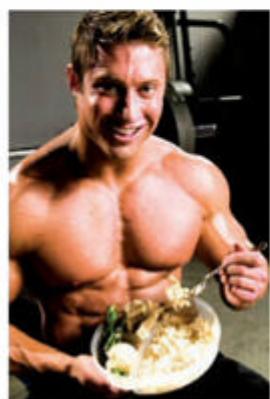
A recent study used 14 healthy young males to test whether drinking water directly before eating a meal would reduce the amount they ate. One group drank 568 ml (one pint) of water one minute before consuming a porridge breakfast while the other group drank nothing. The results showed that the group that didn't drink water beforehand ended up eating more than the group that did. "The water preload increased fullness and satisfaction," the authors said, "and decreased hunger compared to pre-trial and the control trial."

The study was published in the *European Journal of Nutrition* in April.

## HIGH PROTEIN FOR A BETTER MOOD

A recent study looked at the effects of two different diets on athletes. The resistance-trained subjects were put on either a high-protein, low-fat diet or a moderate-protein, moderate-fat diet, with carbs matched between groups. Researchers took body measurements, tested max strength and the stress/mood levels of the subjects.

Over the two weeks of the study, published in the *International Journal of Sport Nutrition and Exercise Metabolism*, the strength and body measurement differences between the two groups were minimal. However, the stress, fatigue and diet-dissatisfaction levels were higher in the moderate-protein, moderate-fat group. The researchers concluded that a high-protein and low-fat diet "might be more effective at mitigating mood disturbances, fatigue, diet dissatisfaction", especially during short-term weight loss.



## BYO DUMBBELLS

How hardcore can you get? Australian NABBA pro Jake Nikolopoulos recently shared on Facebook that he'd become sick of the way heavy dumbbells in gyms were made and decided to make his own shorter dumbbells.

"I hate the way traditional 60, 70, 80, 90 kg dumbbells are made," he said. "They are much too long and awkward to handle."

Jake forged the dumbbells himself out of steel filled with melted down lead. "These bad boys will be half the size of a traditional dumbbell and weigh much more. The finished product should be a nice, compact, heavy as f\*ck dumbbell that will never break, for half the price."

Once dumbbells get into the really heavy side of things, they can become too long and cumbersome to handle properly. As Jake says, "No point having a long dumbbell if it restricts range of motion. It's impossible to press a long-ass dumbbell together with full rep range." Amen, Jake!



Facebook

## DROP THE SPLITS

When was the last time you did a full-body workout? If you've been on a split routine for a while, it might do you good to throw in a phase of full-body workouts. According to new research headed by Brad Schoenfeld, a full-body workout may stimulate hypertrophy more than a body part split.

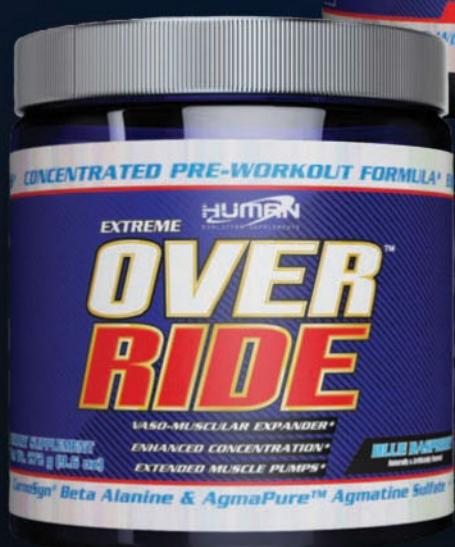
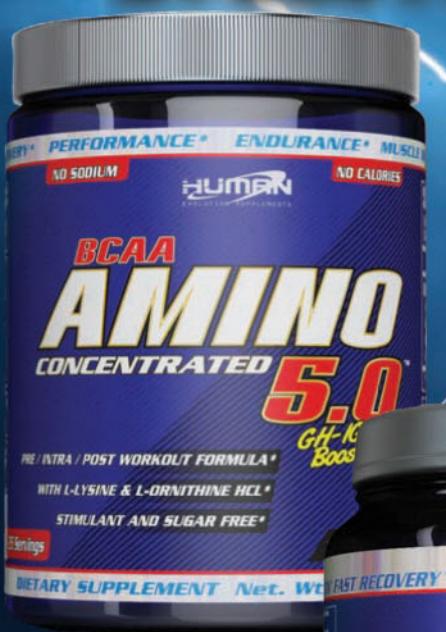


Researchers took 20 young men and assigned them to one of two experimental groups: a split-body routine group, which focused on doing exercises for specific muscle groups; and a total-body group, where each session consisted of a full-body workout. After testing for one-rep maxes and muscle thickness of forearm flexors, forearm extensors and vastus lateralis (forearms and thighs), the results showed that there was significantly greater increases in forearm flexor thickness for the total-body group than the split group. However, in terms of strength, there were no significant differences.

The study, published in the *Journal of Strength and Conditioning Research*, concluded, "The findings suggest a potentially superior hypertrophic benefit to higher weekly resistance-training frequencies."

# HUMAN

EVOLUTION SUPPLEMENTS



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## MEATAXE THE MOVIE

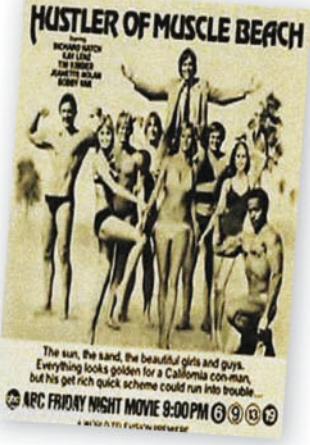
Some very exciting news courtesy of the man known as Meataxe, Mark Taylor. Reportedly, a Generation Iron film (made by Daniel Repeti) about this acclaimed artist is in the works. In my opinion, Mark is, without question, the greatest bodybuilding artist in Australia today — no one has come close to crafting his incredible murals, which has garnered him popularity locally and internationally.

His pieces have drawn praise from the very subjects he has based works on including (but not limited to) notable names such as The Rock, Phil Heath, Kai Greene, Dana Linn Bailey, Flex Wheeler, Kevin Levrone, Ronnie Coleman and Cedric McMillan, who have all made efforts to sign his murals; while competitors like Flex Lewis and CT Fletcher have made special trips just to view these works of art. Having known the gentle giant for many years, it is extremely pleasing to see Mark getting the praise and attention he deserves.

## DID YOU KNOW?

There are very few fictional films made about bodybuilding, aside from perhaps *Getting Physical*, starring *Baywatch*'s Alexandra Paul.

One particular obscure film, called *The Hustler of Muscle Beach*, was about a get-rich-quick schemer who stages a bodybuilding comp in the now iconic Venice Beach in California. As an '80s TV movie its quality is questionable but does feature some legendary champions such as Frank Zane and Franco Colombo.



## ESCAPE TO THE COUNTRY

In August, the once famed Country Classic show will be making its return to the Ulumbarra Theatre in Bendigo. WIN News Bendigo recently did a news story on the upcoming event, which featured IFBB royalty Tony and Amanda Doherty, flanked by champion Danny McQuinn and even Mayor Peter Cox! This looks to be another quality Doherty promotion and it'll be exciting to see some quality physiques at this unique venue. For more information, please refer to <http://ifbbaustralia.com.au/events> or via the Doherty's Gym websites.



Chris Jenkins with Paul Jewitt.

## CRUSADER CHRIS

Props to Chris 'The Phenom' Jenkins — the IFBB Superheavyweight champion has recently started an outreach program to help those less fortunate. "At first I wanted to train a young up and comer who couldn't afford PT or online services, as I wanted to give back to the industry," Chris says. "Then a young anorexic boy reached out to me and I had to help him." The young lad in question is a 19-year-old named Paul Jewitt, who has been fighting anorexia for three years. The two-time IFBB Mr. Australia keeps in daily contact with Paul, visiting once a week in hospital and working to motivate and encourage the youngster. Chris Jenkins has proven that his heart is just as big as his physique, and certainly makes us proud of the real champions this sport is producing.



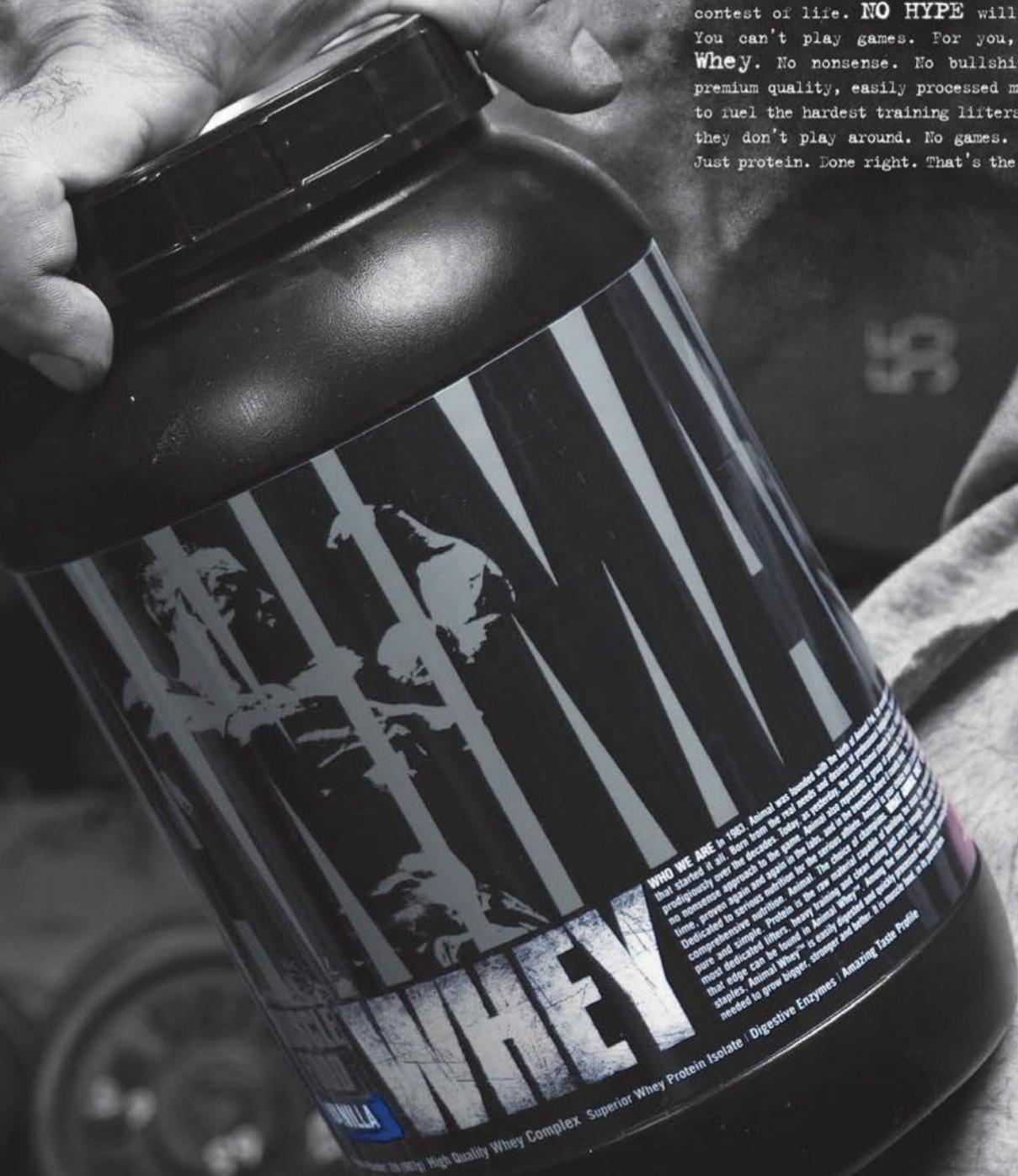
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# NO GAMES

In every man's life, a day comes when your ambitions demand your full attention. To reach your goals, your approach must be serious, your commitment unwavering. The child's play of youth is no longer an option. There are **NO TRICKS** to win in the contest of life. **NO HYPE** will help move the bar. You can't play games. For you, there's **Animal Whey**. No nonsense. No bullshit. Just delicious, premium quality, easily processed muscle food, designed to fuel the hardest training lifters in the world... And they don't play around. No games. No tricks. No hype. Just protein. Done right. That's the all new **Animal Whey**.



**Animal.**

## Fix Your Squat

By Brian Carroll

If you think a runner's 'high' is something that feels good, you should feel the endorphins release after a set of 10 heavy ball-busting squats. There's no comparison.

Nothing will stimulate the lower body in strength, power and development like a traditional squat. (You may hear the term Olympic squat, which is used to develop speed, athleticism and proper range of motion for the clean and jerk; this is a different motion than a traditional squat, which will build quad, hip, and hamstring size and power.) The traditional squat has helped develop the legs of guys like Arnold and Zane, not to mention the muscular capabilities of the strongest men in the world.

Think of the squat as a standing leg press. You want to approach the rack with your body as tight as possible and your core stiff (pushing out, not sucked in). You must be properly warmed up, mentally and physically, with a light sweat broken out, before you approach the bar. As you walk the bar back from the supports, your torso should be as tight as possible. Before starting the descent, you should be gripping the floor like a monkey and ready to bang out your scheduled sets and reps.

**1. Maintain a death grip** on the bar. In fact, you should be trying to bend it with your lats as it sits on your traps. A sturdy and motionless bar on your back is key as you prepare to squat big.

**2. The walkout** should consist of three steps at most. One left, one right, and then one to even up. Once you are in the stance you need, you will prepare to squat. The more you walk around with the bar, the more energy you're wasting not building big, strong legs.

**3. The squat motion** starts with a hip hinge. After the walkout and setting your stance, push your hips backward. Think of a kettlebell swing. Hips back, then knees bent and pushed out.



**4. Don't let your knees** come way out over your toes. Some refer to this as valgus (the knee tracking too much). This will not lead to a bigger squat or legs. You don't want this to turn into a sissy squat, where the knee is over the toes.

**5. Make sure the bar is locked** in on your back. Some like to keep a lower bar (far down the back) and some like to keep the bar very high (closer to the neck). This really depends on many factors, including torso and leg length and the amount of muscle on one's back. It's a personal preference.

**6. Don't try to go way too low** or cut the squat so that it's a measly four-inch motion. (You see this in commercial gyms all the time.) A true powerlifting squat is an imaginary parallel line from the top of the thigh in relation to the hip joint. If you're not a powerlifter, a good rule of thumb is to make sure your quads hit just above parallel in order to achieve the most hypertrophy.

**7. Always warm up** with body weight squats and a set with just the bar before you start loading the 45-pound (20 kg) plates. I suggest that everyone start with the bar each training session and make

no more than 50-pound (23 kg) jumps as you warm up. As you approach your heaviest sets for the day, 10 per cent increments is a good rule.

**8. If you are not well versed** in squatting and are still new or uncomfortable, start with a kettlebell or only body weight squats until you can keep your back flat and have proper hip mobility and posture, and can control your body under a small load (your body weight).

**9. Focus your sights** on where the wall meets the ceiling (never look in the mirror and watch yourself). Your head should not be straight up or straight down; I refer to this as 'neutral positive', meaning straight ahead but just slightly up as if you're looking someone in the eyes who is a bit taller than you.

**10. Squat once per week**, and don't go heavy every week. Have weeks where you focus on form, speed, or working the muscles slowly. Get better each week, but don't expect huge increases in weight. Use your assistance work to finish off your leg day. Lunges, front squats, hack squats and leg presses are very good squat builders.



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Natalka/Model: Andre DeCastro

**Don't try to go way too low or cut the squat so that it's a measly four-inch motion.**

## HIGH-INTENSITY MUSCLE

Can high-intensity training build muscle? It sounds improbable but research might have shown that it's possible. A 2014 study aimed to discover if three weeks of high-intensity exercise would alter growth hormone release. The subjects were 19 active males who completed high-intensity maximal sprints on a cycle ergometer three times a week for three weeks.

The researchers found that one week of HIT decreased GH release but saw an increase in anaerobic power and lean body mass of the subjects, particularly in the lower body.

The study was published in the *Journal of Exercise Physiology*.



## SLEEP TO GROW

Think sleep doesn't affect your performance in the gym? Think again. A 1994 study had eight male teenagers sleep for only three hours a night for three consecutive nights, then had a four-day phase of normal sleep. They then did the same weight training program of biceps curls, bench presses, leg presses and deadlifts. The results? Lack of sleep didn't affect biceps training but it did affect the bench press, leg press and deadlift. The deterioration was significant on only the second day of sleep deprivation. The authors surmised that compound, large muscle group exercises are more affected by lack of sleep than smaller muscle areas such as the arms.

Reference: Reilly, T. et al (1994) 'The effect of partial sleep deprivation on weightlifting performance.' *Ergonomics*, 37: 107-115



## OLD STUDY, NEW MUSCLE

In 1975, researchers were trying to prove that a higher protein level would have no effect on work output as long as total calories were the same. Two groups of men were given diets of 3,000 calories but one group ate approximately 100 grams of protein while the other got double the amount. The 'work' consisted of isometric exercises, treadmill walking, stationary bike riding, calisthenics and other sports-related activities. The results showed that the researchers were correct: work output did not differ between the high-protein and control groups. However – and it's a big however – the men in the high-protein group did increase protein body stores and muscle mass. Want more muscle? Get more protein.

Reference: *The American Journal of Clinical Nutrition*, 28: 29-35.

## EXTENSIONS STRAIGHT UP

Potential knee injury is one reason some lifters avoid leg extensions, but there's another hazard you should be mindful of.

A 2005 study found that the wrong seat angle on a leg extension machine can put severe stress on the lower back. The research looked at the effects of three different seat back angles on the activity on the lower-back muscles and the front quads. The goal was to determine the angle that would provide the least stress to the lower back while maximising the involvement of the quads. The results

showed that the best angle was 90 degrees, the seat straight. An angle more acute than that increases the stress on the lower back – and what's more, quad involvement decreases.

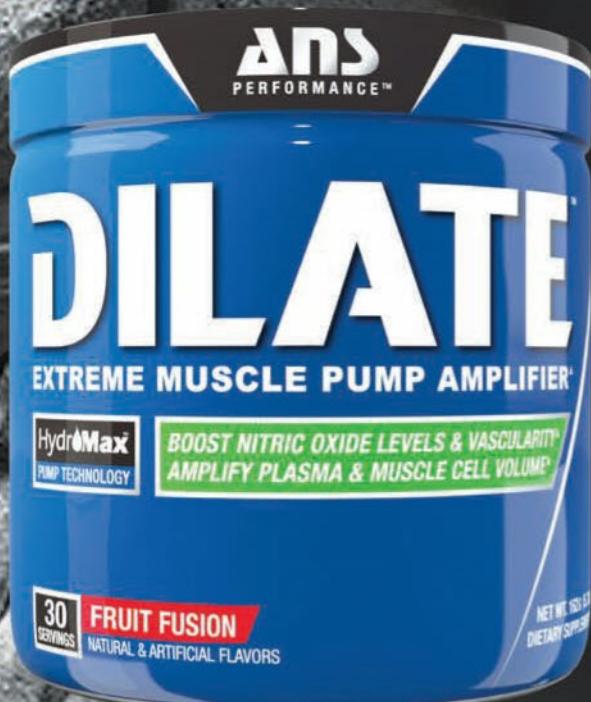
So remember to adjust the seat when doing leg extensions. Not only will it be better for your back, you'll engage the target muscles more too.

Reference: Gomez, T.R., et al (2005). 'The impact of seat back angle on electromyographical activity of the lower back and quadriceps muscles during bilateral knee extension.' *J Strength Cond Res*, 19:908-917.





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GO THEIR ENTIRE LIFE  
& NEVER UNDERSTAND  
THIS FEELING...



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**Q: When should I do cardio, before or after my weights workout?**

**A:** A 10-15 minute treadmill session before you train legs can do wonders for warming up your lower body for optimum performance. Many bodybuilders don't warm up enough, which can reduce their ability to contract the target muscle. Studies show that a warm muscle can contract up to 20 per cent better than a cold one, so warm up thoroughly.

Doing cardio after your weight training workout has a fat-burning benefit: Because your weight workout has used up a lot of glycogen, especially any circulating in your bloodstream, your body moves into a fat-burning mode sooner than it would if you did cardio on a non-workout day or prior to your workout. Some researchers believe, however, that doing cardio immediately after a leg workout can be detrimental to growth and that you should wait at least 20 minutes.

So the answer is, if you want to use some cardio for a leg warm-up, do it before your leg workout for 10 to 15 minutes, and use only moderate intensity. If you're looking for a better fat burn, do it immediately after your upper body workout or 20 to 30 minutes after your leg workout. Better yet, on leg day do it later in the day or not at all.



**Doing cardio after your weight training workout has a fat-burning benefit.**

**Q: I weigh around 100 kilos and want to lose body fat to be around a fit 90 kg. Should I try to drop 10 kg all at once and then build the muscle back or drop 4-5 kg at a time, trying to replace the fat with muscle with weight training at the same time?**

**A:** Don't be so concerned about what the scales say. Go by how you look. If you're losing notches on your belt, you're losing fat. When you lose fat and gain muscle, you redistribute your weight. In other words, you'll look completely different if you lose five kilos of fat and add five kilos of muscle, but you'll weigh exactly the same.

Concentrate on working hard, being consistent and keeping your eating relatively clean. You'll be amazed at the changes your body will make. It may help to take some photos in your togs and then take more after about six weeks.



**Q: I do hyperextensions on my back day but I feel like it works my glutes and hamstrings more than my lower back. Should I switch to doing them on my leg day instead?**

**A:** In a word, probably. A 2003 study tested subjects performing Roman-chair hyperextensions and found that, after 12 weeks, there was no increase in lumbar muscle strength. The researchers concluded that other muscles, such as the glutes and hamstrings, actually do most of the work. If you want to strengthen your lower back, stick to deadlifts.



**Q: I've been thinking about training only twice a week. I'm a hardgainer trying to build size and strength — is two days a week enough?**

**A:** For most trainees, three total body workouts a week is the best number. However, there are situations where two workouts per week can be more productive — e.g. if you're very low in energy, work long hours, participate in another sport etc.

Remember, your muscles grow and become stronger between — not during — workouts. A proper weight-training session produces severe muscle fibre breakdown and some people need more rest to rebuild what their training has broken down. For them, it's common sense to try two workouts a week instead of three.

So it is possible to make gains training only twice a week. Problem is, however, that you don't get the all-round conditioning benefits of weight training when you're on a shorter program. Stick to at least three times a week if you're not already engaging in another exercise or sporting activity.



Your muscles grow and become stronger between — not during — workouts.

**Q: I used to be in great shape. For the past couple of years, however, I've neglected my training, and now, at 29, I'm really out of condition. Can I regain my physique and strength of my younger years, and if so, how?**

**A:** Yes, at 29 with no health problems or serious injuries, you can make a full comeback. You probably can even improve over your last best level of development — if you persist.

Get back into training by setting up an easily managed routine. Make your first three-to-four weeks a break-in period and go easy. Don't try to hurry progress. Be patient.

Work your entire body three times a week on alternate days. Use very small weight increases. Do your exercises correctly and concentrate on working out in a manner that leaves you feeling encouraged and enthusiastic. Do not exhaust yourself. Undertrain for your first three to six months back rather than overtraining. Keep workouts down to a brief session. Thirty-to-45 minutes per workout for the first three-to-five weeks is plenty. Build up over a year to one hour and 15 minutes or so per workout. Ultimately, you want to train for around 1.5 hours to a maximum of two hours three times a week. Use the basic exercises, two-to-three sets, and steadily, but slowly, add weight.

Model: Esney Leon



**Q: Let's say I train chest on Friday and the next day I don't feel sore. Should I train chest again so I get sore, or do I just need to train harder to get sore? Or do I need to do something different? Am I supposed to aim for soreness every time I work out? How many sets should I do per body part?**

**A:** Soreness indicates muscle damage — usually too much damage. The cycle should be mild to slightly intense soreness when you begin a new routine or make a change to your current program, very slight soreness for a few workouts, then no soreness for a few weeks. After about six to eight weeks on a routine, you should do something different to kick-start that adaptation process again — such as change exercises, shuffle exercise order, use a different rep range or introduce an intensity technique.

Sets per body part depend on how hard you're training, how often you train each body part and your level of experience — it's an individual thing. Most intermediates need to hit each body part twice a week or once every five days with about six sets. Once again, that's a rough average and is specific to the individual.

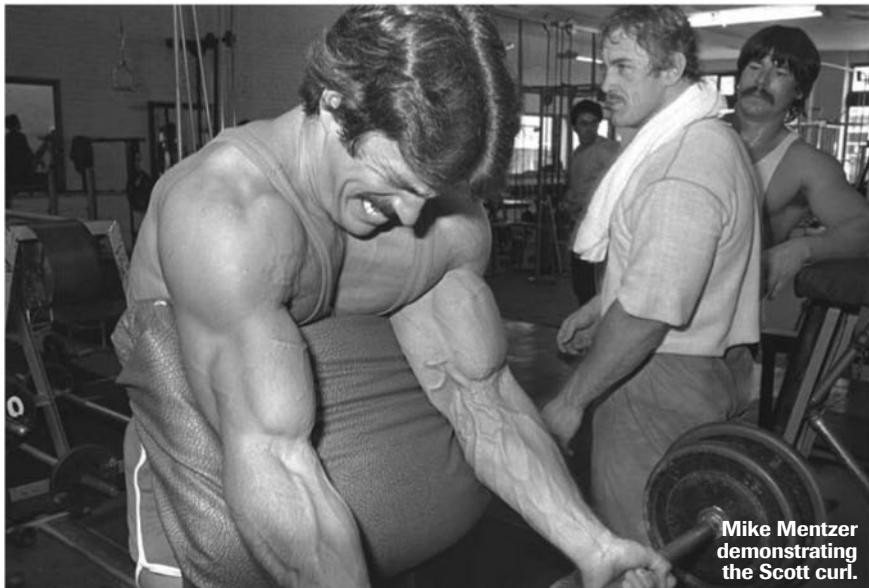


Model: Jonathan Lawson

# Named for Strength

By Daniel Hedger

These moves helped their originators build famous physiques.



Mike Mentzer demonstrating the Scott curl.



Neveux | Model: Chad Hollmer

Over the years, some bodybuilders and strength athletes have been so influential that now-common movements in the gym are only known by that trainee's appellation.

Here are just a few of the exercises that entered common gym parlance because of their usage in building some of the most impressive physiques of their eras. If you've never tried them, give them a go and see why they became so famous.

## Arnold press

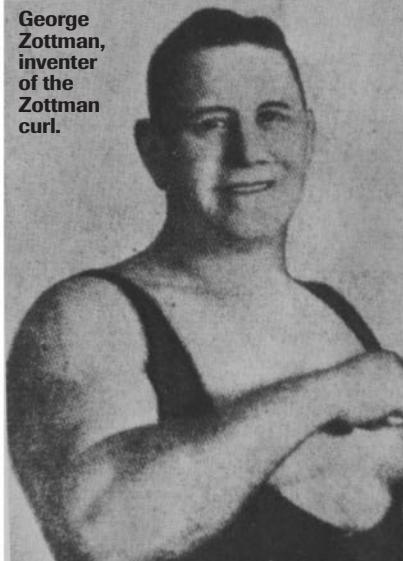
The Arnold press is a seated dumbbell overhead press with a twist: literally. Your first position is to hold the two dumbbells with palms facing you, then you twist your arms out so your elbows are flared. From there, you complete a standard shoulder press and bring the dumbbells back to starting position. It seems simple but it's a total killer.

Arnold called it the best shoulder exercise he knows, working both the front and side heads of the deltoid, also hitting a little upper chest.

## Scott curl

Vince Gironda invented the preacher curl, but inaugural Mr. Olympia Larry Scott's adoption of it became so

synonymous with him that in some circles it's been known as the Scott curl ever since. There is some disagreement as to whether any form of preacher curl counts as a Scott curl or whether it must be done with a straight bar — or dumbbells — or with the arms perpendicular to the floor rather than on an angle. But one thing's for sure: Larry Scott will forever be associated with it.



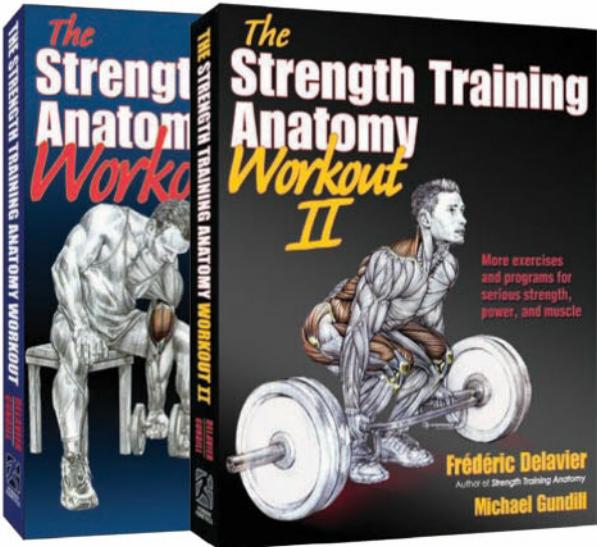
George Zottman, inventor of the Zottman curl.

## Zercher squats

The exercises might be more famous than the athlete now, but Ed Zercher was the name of a strongman and powerlifter from the 1930s. In this variation, rather than placing the bar on your upper back, you set up the bar as if you were doing rack pulls, with the bar resting on lower pins. Secure the bar in the nook between your forearms and biceps and stand with a wide stance. This is your starting position. Lower your body into the squat position and come back up. Advocates of the Zercher cite its minimal compression on the spine compared to traditional back squats. In addition, it's great for developing core strength as well as the posterior chain.

## Zottman curl

A true old-school exercise, this movement is named for George Zottman, a 19th century strongman. The Zottman curl involves curling the dumbbells up, then supinating the wrist, so that your palms are facing down (while still holding the dumbbells) and bringing the bells back down. That's one rep. You will have to start light to get the movement right. It's as old-school as it comes, but it blasts both your biceps and forearms in one fell swoop. Give it a go. 



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# Three Things

By Fredrik Paulún

When it comes to building your body, water is the forgotten nutrient.



Many people think that protein is the most important nutrient for muscle mass and definition. If you are one of them, think again. Of course protein is important since it makes up around 20 per cent of your muscles' weight and is responsible for anabolism. However, the major constituent of your muscles, responsible for approximately 75 per cent of the tissue, is water. We often discuss fat, carbs and alcohol, but water is the forgotten nutrient even if it is one of the most important. Read on and discover three essential ways water contributes to the quality of your workouts, what it does for your aesthetics, and how to optimise your intake of this vital but oft-forgotten muscle-building force.

## Water is the basis for the pump

We all know the feeling of the pump, when the muscles start to become tense and it quickly becomes more difficult to complete the next rep. What happens is that your glycogen, which is stored carbohydrates, is broken down in order to contribute energy. In the process, lactate and pyruvate are produced, and they tend to make the muscle cells bigger because they are osmotically active. The consequence is that water from your blood enters the muscles and makes them feel full and pumped. That is actually an anabolic signal, and a well-nourished muscle is a growing muscle since almost all nutrients have an osmotic effect to some extent. Another way to describe this process is that the pressure inside the muscle fibre increases and is an adaptation to that state of growth. The main anabolic mechanism of creatine, the most effective of all muscle-building supplements, is actually related to osmosis. Creatine can make your muscles gain up to five pounds (2.2 kg) after a loading phase, and all this weight is caused

Neveux/Model: Mike Rashid



by water filling up the muscles. Other well-known osmolytes (substances that affect cell pressure) are betaine, taurine, glutamine and glycine. Especially glutamine and taurine are the most abundant free amino acids in the muscle cell, and theoretically they also exert an anabolic effect. (Supplementing with a couple of grams of glutamine every day is also a good anabolic strategy since it also increases growth hormone levels.)

**If you want to ingest the optimal amount of water, you should aim for drinking at least 2.5 litres a day, spread out evenly through the morning, afternoon and evening.**

### Water fights weakness

It is well established that endurance performance is negatively affected by dehydration. That is completely logical since endurance is dependent on the transport of oxygen from the lungs to the muscles and the transport of carbon dioxide from the muscles to the lungs. Too little water in your body will make the blood thick and viscous, and the transport of those vital gases will be limited. That's why a loss of water will dramatically decrease your performance when it comes to running, swimming, cycling, or any type of high-intensity interval training. We also know that aerobic performance is dependent on the supply of fat from the fat cells. If you are dehydrated, your body will size up the situation as critical since a slow-flowing blood will make you more prone to blood clots, which can be lethal. Therefore the fat cells will decrease lipolysis, which is



**Dehydration makes you weaker, and if you want to build muscle, you need to be strong enough to move heavy weights.**

the process of releasing free fatty acids from the fat cells. The result is slower fat burning and a decreased supply of energy to the muscles. No wonder this leads to an impaired performance. The question is: Does dehydration also lead to a reduced performance in the gym? Lifting weights is an anaerobic activity, and it should not be dependent on the supply of oxygen and fatty acids. The energy source is mainly glycogen (stored carbohydrates), and they are already present in the muscles. New research, however, shows that strength and anaerobic performance also are impaired by dehydration. The exact mechanism is unknown, but the consequences are undoubtedly clear: Dehydration makes you weaker, and if you want to build muscle, you need to be strong enough to move heavy weights.

### Water helps you get ripped

As I just explained, the water content in your muscles affects the viscosity of the blood, and dehydration leads to impaired fat burning. That will not only lead to slower pace times around the track, but it also obstructs your path to a ripped body. The transport of fatty acids is crucial to both endurance and keeping a low percentage of body fat, so you need your blood to run smoothly if you want to perform and look ripped. Water also has another amazing property when it comes

to body fat. Drinking water actually increases your energy expenditure by approximately 20 calories per 16 ounces (470 ml). It means that an extra litre of cold water every day will increase your energy expenditure by around 40 calories. It may not sound like much, but since water is free from calories, it will quickly add up over time. Drinking water is essentially effortless and could be the difference between razor-sharp muscle definition and a more average flat look. The reasons for this calorie-burning effect is primarily due to the heating of the water, which takes a lot of energy. It is also the handling of the water molecules that are going through your intestines, through your liver, into your blood stream, into the cells, out of the cells, through your kidneys, and finally excreted as urine. A glass of water before your meal will also give you a better sensation of satiety and make you eat a little less. In my experience, you can count on a 10 per cent decrease of caloric consumption when you drink 300 ml of water before a meal. The important question is: How much should you drink?

### How much is enough?

If you are one of those people who think 'more is better', you have to change your approach when it comes to water. If you drink too much water,

### Unsweetened iced tea and carbonated spring water are good alternatives to plain water.



there is a risk that you will lose important minerals such as potassium and sodium. People have actually died from overconsuming water. This is almost never stated in mainstream media because the average person typically needs to drink more water and isn't served by learning about the dangers of overdosing on H2O. But the fitness community can be almost obsessive in their quest for a lean, muscular body, and they may take their hydration too far. The fact is, too much water will decrease the

concentration of essential minerals to the extent that the heart will have problems contracting. Even if you don't die from excessive water intake, you will have to visit the bathroom so frequently your co-workers will think you are incontinent.

If you want to ingest the optimal amount of water, you should aim for drinking at least 2.5 litres a day, spread out evenly through the morning, afternoon and evening. If it's hot and you sweat a lot, you should increase this amount substantially.

Choose plain drinking water because many other drinks contain deleterious ingredients like sugar, corn syrup, artificial additives and/or caffeine. Unsweetened iced tea and carbonated spring water are good alternatives to plain water if you find it hard to consume. You could also flavour your water with natural non-caloric additions such as cucumber, watermelon, lemon, or whatever you prefer to make it taste better. If you drink your water in conjunction with exercise and spread the intake evenly over the day, it's usually easier to ingest all that you need.

Fredrik Paulún is a nutritionist based in Sweden. He holds a Master of Science in nutrition and specialises in improving body composition. For more info, check out [paulunsfood.com](http://paulunsfood.com).





### NUTRITION

Energy .....	2053kJ
Fat .....	12.1g
Sodium .....	930mg
Carbohydrates .....	31.6g
Protein .....	54.1g

## LOADED POTATOES

I'm a sook. My children will all verify this. Can't say goodbye to them without tears, shed a few when I haven't seen them for a while and will not go on anything more thrill-seeking than the merry-go-round at the local show. I have been known, however, to go to the show just to get a baked potato with the works. You know the ones? You can smell the potatoes baking right across the showgrounds and when you finally hone in on that tantalising aroma, battle the crowds and walk away with your garlicky, cheesy, calorie-laden prize, it's exactly like all your Christmases have come at once. Well, perhaps not for you, but that's the way I see it! Loving the idea of the loaded baked potato and wanting to relive the experience more often, I put together this recipe that works wonderfully well as a post-workout meal. White potato to raise your insulin levels, protein for growth and repair, and lots of veggies for nutrition.

### Ingredients

- Olive oil spray
- 1 small onion, finely diced
- 100g chicken breast, cut into 1 cm dice
- 50g lean bacon, finely diced
- 1 clove garlic, finely diced
- 1 large potato, baked
- ½ medium carrot, grated

- ½ medium tomato, diced
- ¼ Lebanese cucumber, finely diced
- ¼ medium red capsicum, finely diced
- Large handful of alfalfa sprouts
- ½ bunch spinach, lightly sautéed in 1 tsp of coconut oil
- 2 tbsp low fat cottage cheese (Bulla is my favourite)

### Method

1. Spray a small non-stick pan with olive oil spray and heat to medium.
2. Add onion and cook till starting to colour.
3. Add a little water to deglaze the pan and release the colour and flavour. Repeat this process twice more until onion is very brown and aromatic.
4. Add chicken, bacon and garlic and cook until chicken is cooked through and bacon is lightly browned.
5. Assemble potato by making a cross in the middle and squeezing the bottom with two fingers on each side so the potato will open out. Alternatively, just cut it down the centre!
6. Add the vegies. I like to add the meat and onion mixture first and then the vegies on top, but you can add the ingredients in whichever order pleases your eye and palette.
7. Top with cottage cheese to complete
8. Serve on a big white plate surrounded by the spinach for a wonderful colour contrast

### Chef's notes

- I made this with my students at TAFE recently and they commented that it tasted much 'fresher' than the comparative product from the show.
- I've deleted almost all of the fat, salt and sugar that make up a large component of the show version, but maintained a big hit of flavour.
- This could also be made with sweet potato and any combination of your favourite herbs and vegetables.
- Baking is what is known as a 'dry heat' method of cookery and requires no additional fat. For a baked version, I put my potatoes on a sheet of baking paper on an oven tray and pierce them lightly with a fork. Bake at 200° C for around half an hour or until centre is soft.
- Most of the sodium comes from the bacon and much of the fat content is from the coconut oil. Both could be eliminated to reduce sodium and energy levels.



Fiona Flanders is a qualified chef and physique competitor. She holds a Diploma of Hospitality, Cert IV in Commercial Cookery and placed first in the Ms. Physique Masters 50+ at the 2013 INBA World Pro-Am Natural Championships.

# FAILURE FOR SUCCESS



A quick flirtation with failure before your main sets can unlock some hidden potential for muscle growth. A brand-new study, published in the *European Journal of Applied Physiology* examined a group of men who performed a set of leg extensions to failure with 20 per cent of their one-rep maximum. After this set they completed their regular program of three sets with 75 per cent of their 1RM. After eight weeks, the group that did the pre-set to failure showed more muscle growth and greater strength gains than the group that only performed the work sets. Scientists hypothesise that the failure set forced the body to recruit more Type II muscle fibres, which have greater potential for growth.



# SLEEP YOUR WAY TO RIPPED

Testosterone production naturally declines as men age, but a new study seems to show that another symptom of aging might be the actual culprit. Researchers at the National University of Singapore found that lack of sleep — a natural consequence of aging for many men — drastically reduces the amount of testosterone that is produced. Scientists studied 531 exceedingly healthy men (meaning they had no other reasons for lagging testosterone levels) and discovered that one extra hour of sleep a night raised testosterone levels by 12 per cent. If a supplement guaranteed a 12 per cent increase in testosterone output, it would fly off the shelves. This is just one more piece of evidence why sleep is such an important piece in the burn-fat/build-muscle puzzle. Adequate sleep has already been shown to lower body fat levels, boost mood and improve memory.

## THE MUSCLE VITAMIN

Vitamin D deficiency has almost reached epidemic status. This vitamin and hormone is created by the body but needs sunlight to manufacture it. Since more people are avoiding the sun and using sunscreen — which is great for avoiding skin cancer, don't get me wrong — vitamin D levels are plummeting, which is bad news for body fat. A study published in the journal *Nutrition* showed that people who have higher levels of vitamin D have more muscle and less fat on their frame. Researchers believe that muscle cells that get too little vitamin D break down muscle proteins faster. It's nearly impossible to get enough vitamin D from food. Even whole-food purists admit that supplementation is the way to go with this nutrient. You can ask your doctor for a simple blood test to determine your needs, but supplementing with 2,000 to 5,000 IU a day is generally considered safe.



## MILK DOES A BRAIN GOOD

Glutathione is a powerful antioxidant made by the body and an important part of your immune system and healthy defence. You can't supplement glutathione, but you can do a few things to boost your natural production. Taking whey protein, for one, is known to improve glutathione release, and a recent study shows that drinking milk is another. In a test conducted at the University of Kansas Medical Center, doctors scanned the brains of 60 participants to measure the levels of glutathione in their grey matter. The subjects who had consumed the most milk had higher levels of glutathione in their brains than those who had not drunk milk. This is important because glutathione fights oxidative stress, which is known to be associated with a number of conditions in the brain, including Alzheimer's disease and Parkinson's disease. The scientists who conducted the study pointed out that since oxidative stress builds up over time, milk could be especially important as we age. The protein and calcium can't hurt either.



## BANANA AT BEDTIME



Bodybuilders know how important sleep is. That's when a lot of the muscle recovery and surges of growth hormone occur. So what do you do when you can't fall asleep? Try eating a banana. The fruit contains natural precursors of melatonin and serotonin plus a lot of magnesium, all of which work together to help you relax and put you to sleep. One medium banana contains fewer than 100 calories, so throw one in your bedtime protein drink for better sleep and bigger gains.

## PESKY PESTICIDES



Fruits and vegetables are always good for you, right? Not when they are covered with poison, it turns out. Scientists from Harvard's Department of Nutrition recently completed a study that showed that consuming fruits and vegetables with high levels of pesticide residue is associated with lower sperm quantity and quality. Subjects who ate the most tainted produce had 49 per

cent lower sperm count and 32 per cent fewer healthy sperm. Even if you aren't at a place in your life where you need to be worried about the quality of your swimmers, the profound damage these chemicals are causing to your health, right down to your DNA, is clear.

The best way to avoid pesticide-laced fruits and vegetables is to eat organic produce. Every year the watchdog organisation Environmental Working Group releases a report of the fruit and vegetables that are the most contaminated, meaning they are best eaten only if they are organic. They include such physique favourite as apples, strawberries, spinach, capsicums, kale, potatoes, cherry tomatoes and chili peppers.

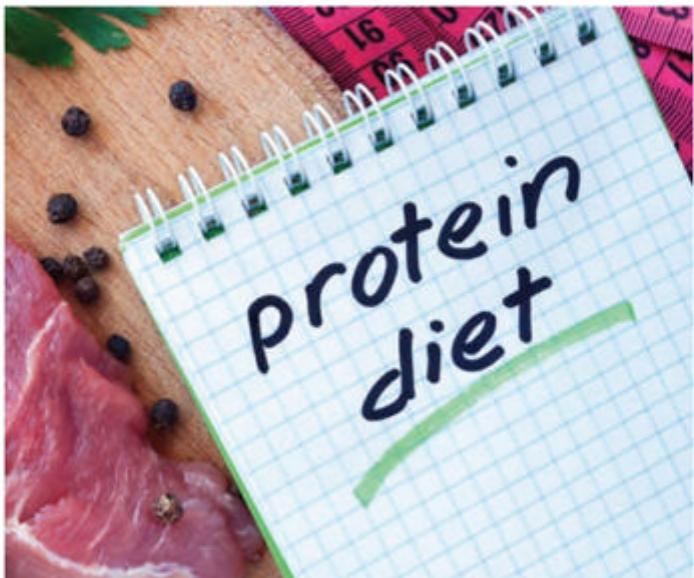
For the whole list and the foods that are okay to eat even if they aren't organic, check out [ewg.org](http://ewg.org).

## THE RETURN OF HMB



The supplement HMB — full name beta-hydroxy-beta-methylbutyrate — has come in and out of vogue more often than Ray-Bans. While it may not be a highlight-reel superstar like creatine, more and more research sheds light that it is an underappreciated workhorse on the supplement team.

A recent study, from scientists at the University of Central Florida, looked at 20 trained college-aged men. Ten of them took one gram of HMB 30 minutes before a workout while the other group took a placebo. After the workout, blood was drawn from both groups, and it turned out that the lifters who took HMB experienced significantly higher levels of growth hormone and insulin-like growth factor than those who did not take the supplement. It should be noted that the subjects in the study used HMB-FA, better known as HMB free acid, a gel form of the supplement.



## PICK A DIET, ANY DIET

People seem to root for diets the way they root for sports teams. You'll never get someone on the Paleo Team to cheer for the Zone Team. And just like with crazed sports fans, it turns out that loyal adherence might be more important than the team itself, at least when it comes to weight loss.

A study published in *The Journal of the American Medical Association* examined the long-term effects of the Atkins Diet (low carbohydrate, high fat, high protein) versus the Zone Diet (40 per cent carbs, 30 per cent protein, 30 per cent fat) on weight loss in overweight adults who had a body mass index of 25 or greater. Interestingly, significant weight loss was observed with any low-carbohydrate or low-fat diet. Also, the weight-loss differences between these distinct and different nutritional strategies were small. This study supports the idea that consistency is a major key to successful transformation and weight loss. Simply, adopt any nutrition program that you will be able to consistently adhere to across time, and, ultimately, you're very likely to achieve your weight-loss goals.

## THE SUPERFOODS

**Blueberries:** Nature's reigning master of antioxidant is a strong source of vitamins A and C. If you can get them fresh, great, but in most instances frozen is just as good if not better.



**Asparagus:** With the benefits of fibre, folate and vitamins A, C, E, and K, asparagus also has high levels of the amino acid asparagine, a natural diuretic. Increased urination helps rid the body of excess sodium.

**Ground flaxseed:** A holy-grail superfood, flaxseed is hailed for three main reasons: 1) omega-3 fatty acids, proven to maintain a healthy heart; 2) lignans, with antioxidant qualities to aid in reducing cellular damage; and 3) fibre, both the soluble and insoluble types, to promote healthy movement through the digestive tract.



**The least processed and most natural form of chocolate has a slightly nutty flavour.**

**Cacao nibs:** Cacao nibs are little bits of the dried, roasted and crushed cacao bean that haven't been mixed with sugar yet. This least processed and most natural form of chocolate has a slightly nutty flavour.

In addition to adding that chocolatey-flavour effect, nibs contribute antioxidants, flavonoids, magnesium and potassium.

— Amanda Burrill, MS



## IN THE RAW?

We usually think that eating vegetables in their most natural state — raw — is the most healthful, but that's not always true. For example, in a study published in the *Journal of Agricultural and Food Chemistry*, antioxidant levels increased more than 34 per cent after carrots were cooked. According to scientists, heating softens carrot tissue, which allows the release of antioxidants attached to cell walls.

# The Exercise-Testosterone Connection

## Are your high-intensity workouts messing up your muscle-building hormones?



Any guy knows that if you want to get stronger and more muscular, you need lots of exercise and optimal testosterone levels. But research shows that these two do not always go hand in hand. You may be surprised to learn that the extreme amounts of exercise can actually hinder testosterone levels, resulting in lacklustre gains.

For instance, one case study on a natural pro bodybuilder training for a contest demonstrated a 75 per cent decrease in testosterone due to his intense training program (calorie restriction doesn't help either). Moreover, it took the athlete nearly three months to fully restore testosterone to normal levels. More recently, a clinical trial at the University of Tampa showed that elite athletes training 10 times weekly for six weeks — including weightlifting, practices, and competitive games — significantly decreased testosterone and free testosterone, and the subjects even lost lean body mass. These findings have tremendous implications for high-intensity exercise enthusiasts and those who are dieting and doing high volumes of cardio to drop weight.

### Testosterone support

With the understanding of the importance of testosterone for muscle building, athletic prowess and male performance, a mountain of research has examined how dietary supplements can help improve testosterone output in males. A number of natural ingredients

have been identified that can safely boost testosterone levels. In particular, fenugreek, ZMA, and *Tribulus terrestris* are among the most common active ingredients in many test boosters today and have multiple studies supporting their efficacy and safety.

The problem is, the majority of testosterone that gets released from the testes never even reaches muscle tissues. That's because a protein called sex hormone binding globulin (SHBG) circulates in your blood and binds to testosterone, rendering it useless. Elevated testosterone is only beneficial if it is circulating in the blood as bioactive free testosterone. Only free testosterone can enter your muscles and increase muscle growth. Therefore, it is advisable to also take ingredients that can decrease SHBG and support free testosterone. Among the most effective ingredients for this are *Avena sativa*, tongkat ali extract, and stinging nettle leaf extract.

The aforementioned clinical trial performed at the University of Tampa tested this question. Athletes training 10 times weekly for six weeks were given either a placebo or a combination testosterone booster that had a precise blend of natural testosterone-optimising ingredients such as fenugreek, tongkat ali, and stinging nettle leaf extract, among others. The placebo group in this study suffered from decreased testosterone and free testosterone, and even lost lean body mass during the six-week trial. However, the supplemented group experienced an increase of 32 per cent in free testosterone and ended the study with more lean muscle mass than the placebo group.

These results suggest that certain supplements can help athletes maintain their intense training without decrements in testosterone. This information gives athletes more flexibility in their training program to train harder and longer without worrying about sacrificing their testosterone, manhood or hard-earned muscle mass.

— Gabriel Wilson, Ph.D., CSCS

## FOOD FACTS

**Honey** is a good source of antioxidants, which can help bolster your disease defences. The darker the honey, the higher the antioxidant content, so go for the darker type to put in your green tea instead of processed sugar.



**Capsicum** contain capsaicin, which can suppress appetite and stoke your metabolism.

**Zinc** has been linked to testosterone, which is very good for your muscle-building endeavours, but research now shows that neurons are loaded with zinc too. That means it can help increase muscle firepower in the gym.



**Appetisers**, if they are the right kind, can de-appetise you. Don't skip the appetiser; if you want to eat less, have raw vegetables or a salad with low-cal



dressing, and tell the waiter to remove the bread from your table.

**Stomach aches** can be caused by food — if you're allergic or eat something that's spoiled — but it's not always what you ate.



Scientists believe that the brain and intestines share nerve pathways, which means stress and worry can cause stomach pain in some people.

# SUPER BI'S & TRI'S



THIS FAST AND CONVENIENT WORKOUT WILL  
GIVE YOU BIGGER ARMS IN RECORD TIME

By Roger Lockridge • Photography by Michael Neveux





# WHAT'S MORE MOTIVATING THAN ARM DAY?

**BIG ARMS HAVE INSPIRED PEOPLE TO ENTER WEIGHT ROOMS FOR GENERATIONS. WHO ELSE REMEMBERS HULK HOGAN PUMPING UP THOSE 24-INCH PYTHONS, BROTHER? ARNOLD SCHWARZENEGGER HAS INSPIRED MILLIONS OF PEOPLE WITH HIS CLASSIC BICEP SHOTS, BUT EVEN HE WAS INSPIRED BY THE ARMS OF STEVE REEVES AND REG PARK.**

Thinking about those guys and their guns are enough to make you want to train — but don't put this down yet, because we've got some awesome supersets here that will help you take your guns from pea shooters to cannons. Supersets are two exercises performed back-to-back without rest. The result is more blood being sent to the area being trained, so the pumps are bigger and the fascia is stretched, allowing the muscle fibres room to rebuild and grow after the training is over. With the supersets that follow, you'll alternate which muscle group you start with, giving both the biceps and triceps equal treatment so one doesn't grow and the other is neglected. All of these supersets will call for three rounds of 10 to 12 reps each with one-minute rest between each superset.

The other key to these supersets is they are all performed within close proximity of each other, so you don't have to worry about someone else using your equipment or taking a station while you're performing another exercise. This decreases transition time, which increases the intensity of the workout.



JAMES HURST

Age: 28

Lives: San Jose, CA

Profession:

Personal trainer  
and fitness coach

Likes: Movies,  
interesting food  
spots, and lifting  
heavy things

Dislikes: No turn  
signals, traffic and  
cold weather

Drives: Toyota  
Tacoma

Wants to drive:  
A submarine

Listens to: Hip-  
hop and rap

Favourite diet food:  
Ground bison

Favourite cheat  
food: Burgers

Favourite vacation  
spot: Cabo San Lucas

Gym or cardio? Gym

Chicken or

steak? Steak

@obeythebolt



1A



1B

## SUPERSET 1

### 1A SEATED OVERHEAD CAMBERED BAR EXTENSION

Sit on a preacher bench backward so you rest your back against the pad as if you're sitting in a chair. Take a cambered bar and hold it with an overhand grip with your hands four-to-six inches (10–15 cm) apart. Press the bar so it's at arms' length over your head. Keeping your upper arms as straight as possible, bend at the elbows and lower the bar as far as you can behind your head to stretch the triceps. Activate your triceps and press the weight back to the starting position. Squeeze the triceps at the very top of the rep.

### 1B CAMBERED BAR PREACHER CURL

Sit at a preacher bench with your upper arms pressed against the preacher bench with your elbows straight and a cambered bar in your hands with a comfortable underhand grip. Generating force from your biceps, curl the weight up as far as you can. Squeeze the biceps and lower the weight back down to the starting position. Keep your upper arms braced against the bench and your butt on the seat throughout the movement. Repeat for the recommended number of reps.

## SUPER BI'S & TRI'S

2A



2B



## SUPERSET 2

### 2A SEATED DUMBBELL CURL

Sit on the end of a bench with a dumbbell in each hand and your arms hanging down to your sides. Keeping your upper arm pinned to your side, curl one dumbbell up as high as you can and squeeze your biceps. For extra emphasis, turn the dumbbell so your pinky is higher than your thumb. Slowly return the dumbbell to the starting position and curl the other dumbbell the same way. Repeat with each arm for the recommended number of reps.

### 2B SEATED DUMBBELL PRESS

Lie flat on a bench and press a pair of dumbbells straight up at arms' length. Hold the weights so your palms are facing away from you. Bend at the elbows and lower each dumbbell to your chest until they touch your pecs. Using force from your triceps, perform the opposite motion to return the weights to the starting position. Squeeze the triceps when you press the weights back up. Repeat for the recommended number of reps.

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## SUPER BI'S & TRI'S



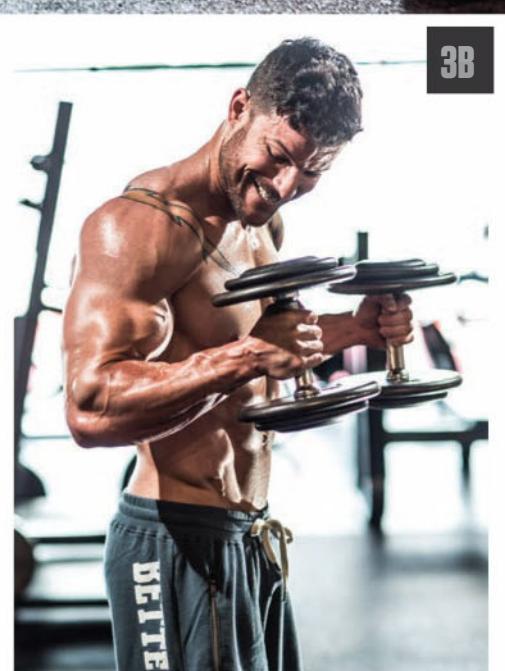
## SUPERSSET 3

### 3A DUMBBELL KICKBACKS

Hold a dumbbell at arms' length at your side. Bend at your waist so your body is at a 90-degree angle. Support your non-working arm with your knee. Bring the upper arm of the working side up so it is parallel to your torso and hold it tight to your side. This is your starting position. Straighten your arm and press the dumbbell like you're trying to hit the wall behind you. Once your arm is straight, squeeze your triceps. Perform the opposite movement to return the weight to the starting position. Repeat for the recommended number of reps and for both sides.

### 3B HAMMER CURL

Stand straight and hold a pair of dumbbells at your sides at arms' length. Your palms should be facing each other throughout this entire exercise. Bend at the elbows while keeping your upper arms tight to your sides and curl the weights up as high as you can. Squeeze the biceps while doing this. Slowly lower the weights back to your sides and return to the starting position. Repeat for the recommended number of reps.



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## SUPER BI'S & TRI'S



4A



4B

## SUPERSET 4

### 4A LYING STRAIGHT HANDLE CABLE CURL

Attach a straight bar to a low cable pulley. Lie flat on the floor so your feet are on either side of the cable pulley. Sit up and grab the handle with an underhand grip, lie back on the floor, and hold the handle at arms' length. This is your starting position. Lying on the floor will make it less likely for you to cheat during the exercise. While remaining flat on the floor, curl the weight up until the handle is at your chest. Squeeze your biceps while doing this. Straighten your arms and return the handle to the starting position. Repeat for the recommended number of reps.

### 4B KNEELING ROPE PRESSDOWN

Attach a rope to a high cable pulley. Grab both sides of the rope with your palms facing each other. Bring your upper arms in tight to your sides. Now get down on your knees while holding on to the rope and keeping your upper arms pinned to your sides. This is the starting position. Being on your knees makes it harder for you to cheat during the exercise. Using your triceps, press the rope straight down to the floor while keeping your upper arms stationary. Once you press the rope down, separate the ends of the rope to place extra emphasis on your triceps. Slowly release pressure and bend your elbows so you can return to the starting position. Repeat for the recommended number of reps. 

## THE SUPER ARMS SUPerset Plan

Exercise	Sets	Reps
1A: Seated Overhead Cambered Bar Extension	3	10
1B: Cambered Bar Preacher Curl	3	12
2A: Seated Dumbbell Curl	3	12
2B: Tate Press	3	10
3A: Dumbbell Kickbacks	3	10
3B: Hammer Curl	3	12
4A: Lying Straight Handle Cable Curl	3	12
4B: Kneeling Rope Pressdown	3	12

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DAVID POCOCK

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*"The supplement industry is a bit of a minefield as it's hard to get past all the hype and marketing and find what works without all the unnecessary ingredients that are in many products. Over the years I've become more concerned about what I am putting into my body and have looked high and low for a brand that provides genuinely healthy, ethical and effective supplements."*

Professional Whey offers exactly that - an Australian owned and run sports nutrition company with products that stand out from the crowd. Professional Whey is deeply concerned about the quality of ingredients that they are using and where they are sourced. Professional Whey helps me achieve my rugby goals without compromising my health or my values of clean, wholesome nutrition. Their whole business ethos reflects that. Their products support a range of goals and are a sports nutrition brand that genuinely cares about the health of its customers."

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# GET AWESOME

## ARNOLD

By Daniel Hedger

As the advertising campaign promised, Arnold WAS there — and so we were too.

And, judging by the attendance numbers, a lot of you were too.

What was only an unconfirmed rumour 10 months ago became real between March 13-15. But it didn't come without a hell of a lot of effort and support from the bodybuilding and fitness community, most notably the man who made it all happen, Tony Doherty, and his team. You should never bet against TD, no matter how big a challenge he's set for himself.

Dexter Jackson hacked out his performance in Cologne the week before, where he made history by being the first man to win five Arnold Classics. And then the inaugural Aussie Arnold, despite having only landed in Melbourne the morning of the show. Darwin's Afif Anwar, originally from Pakistan, caused a

sensation when he won the Over 190 kg, overall and IFBB pro card on the Sunday afternoon and experienced international media attention.

And it wasn't just about

bodybuilding. Like its US counterpart,

the Arnold Classic Australia was a true multi-sport festival, featuring a golf tournament, powerlifting,

strongman — Eddie Hall broke the deadlift world record at the event —

and one of the biggest martial arts

festivals Australia has ever seen,

bringing together eight different

styles, which greatly impressed

Arnold himself when he made his

way through the martial arts area.

Australian Iron Man and our

BLITZ Publications stable had a very

active booth, with both bodybuilding

and martial arts celebrities making

appearances, from Man-hand Calum

von Moger, Amanda Delaney, Soony

Brown, Melissa Lechner and Milos

Sarcev all taking time out of their

busy schedules to meet the fans, sign

autographs and pose for photos. We

continue to be super-grateful to these

awesome folks.

So the inaugural Arnold Classic

Australia was a resounding success

from all perspectives. The following

pages, covering both the pro and

amateur bodybuilding shows — as

well as our Hot Shots gallery on page

116 — aim to give our readers just

some idea of the excitement of the

event. But there's still nothing like

being there. So next year, we'll be

there. Arnold will be there... Will you?



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# 5 Things You Can Learn from Powerlifting

By Wayne Howlett

No training system is an island — and that goes double for bodybuilding. By looking to other sports and training styles, we can improve our fitness, our strength and our physiques. Here are five powerlifting techniques that carry over to traditional hypertrophy training.





**1 Squatting to depth** — according to strict powerlifting rules — at every squat session will build thickness throughout the quads, glutes and hamstrings much more than a Smith machine or the partial pump reps sometimes used by bodybuilders. I think sometimes deep, free-weight squatting is neglected by many due to the fact that it's hard.

**2 Pausing on the chest during the bench press** will stretch and recruit more muscle fibres in the pecs in the bottom position of the bench press. A short one-to-two second pause can make a big difference in the muscle fibres utilised. In powerlifting, the more fibres that are firing, the more power you will generate. In bodybuilding, using traditional bodybuilding rep ranges, the more fibres firing, the larger the muscle will grow.

**3 Fully locked-out bench pressing** (elbows locked at the top of the movement) — according to strict powerlifting rules — will fully contract the pecs and triceps. Full contractions are sometimes neglected and replaced with partial pump reps. Full contractions will have every last muscle fibre firing, leaving no fibres in the pecs or triceps untrained.

**4 Traditional low-to-moderate powerlifting rep ranges** can be beneficial to bodybuilders. Heavier weights under strict technique will hit deep muscle fibres and over time build

thickness that traditional bodybuilding rep ranges can't achieve. Think about the thickest bodybuilders out there; they are the ones who have trained with low to moderate reps with super heavy weights — Ronnie Coleman, Dorian Yates, Branch Warren just to name a few. These men have used this method among others throughout their careers and the end product is their unique thick muscle bellies.

**5 Compound powerlifting exercises** build muscle thickness and density like no other exercises. A free-weight back squat will build thickness that a Smith machine won't; during a free-weight squat, your body is forced to use the entire lower body to move the weight from A to B. During the movement, many stabiliser muscles are used, giving you overall development. A deadlift from a dead stop on the floor with a full contraction of the hams, glutes, lower and upper back at the completion of the lift will build more dense muscle than a fancy plate-loaded machine or hyperextension bench ever will.

Wayne Howlett is a powerlifter who is currently unbeaten in Australia in the under 125 kg and 140 kg divisions. The only Aussie in history to squat 400 kg or more in two separate weight divisions, Wayne was also the first Australian to total 1000 kg in competition. He is the CAPO Australian squat, bench and total record holder and, in 2014, he was awarded the CAPO ANZAC International Overall Champion. In 2015, he competed in Russia, winning the silver medal in the WRP Russian Open Championships. Find out more at [waynehowlett.com.au](http://waynehowlett.com.au)

## The Hurt Locker

By Michael Pearson

If you've ever prepared seriously for a bodybuilding contest before, you will understand exactly what I'm talking about. If not, here is a little insight.

My contest roster has changed slightly with me being convinced by a mentor of mine — NABBA pro Jake Nikolopoulos — to compete at the NABBA Southern Hemisphere contest in Coolangatta, Queensland on the 14th of June.

This makes me currently two weeks out, three weeks out and five weeks until the big dance in La Ciot, France: the WFF Universe Championships.

This is the stage of contest prep I describe to myself as the 'hurt locker'. Mental impairment has begun to take place. Indecisiveness is at an all-time high and relationships are starting to feel the strain. Simple tasks require a short 'psych-up' process before you can even begin them.

I find the easiest way to deal with these pre-contest symptoms is to try to keep as busy as possible and just keep going. I try to forget I'm dieting and press on. This contest is the most important endeavour of the year for me from a personal standpoint but, at the same time, real life must go on and trying to balance the demanding needs of the 'needy chick' that is bodybuilding with real life can sometimes be difficult.

So, I make it through the day and finally I'm partaking in my pre-workout ritual of preparing the supplements I need for training, and something magical happens. The hurt locker symptoms are lifted and I'm completely alive. As soon as I step foot in that gym

I am there to bust arse! The mindset is strong and I feel like I'm wielding the mighty Mjolnir (*For those not as nerdy as Mike, Mjolnir is the hammer of Thor — Ed*). I love to train; I never need much motivation to do it because it's something I love so much to begin with. It's the other 22 hours in the day that are difficult!

Other dramas include food. You're walking down the street and someone is stuffing their face with a Nutella-filled doughnut and thinking nothing of it — they don't deserve that doughnut! They haven't earned it! And you hate that person for not appreciating or understanding the slight anxiety you get watching them eat it so carelessly. It all becomes quite funny when the contest

**Simple tasks require a short 'psych-up' process before you can even begin them.**

is over and after the first few days of free eating, you've had enough and are already prepared to sacrifice the junk and get back on the gain train.

This sport is all mental; we reap the rewards of our efforts. If you have the drive and determination to do what is required, staying true to the path and not being deterred by the pleasantries that Muggles are permitted but you are not, you *will* be successful in your endeavour. I truly believe that he with the most mental tenacity has the greatest advantage of all in bodybuilding, regardless of genes or structure. It all comes back to the mind. 

I love to train; I never need much motivation to do it because it's something I love so much to begin with.



Charlie Suriano



If you'd like to join me on social media you can do so on **Instagram** @mikepearson\_ or **Facebook** at **Mike Pearson Bodybuilding & Fitness**.

Glenn Morris



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# The Language of Tension

By Vince DelMonte

## Choose the right tool to communicate with your muscles in their own simple terms.

Ever since I began to climb the fitness ranks — from trainee, to trainer, to now having my own no-nonsense brand — more and more people have sought out my ‘professional opinion’ regarding trends and fads that pop up within the fitness industry.

Many people wonder if I use kettlebells. Yes, I use them to solve specific issues with specific individuals. In some cases they’re simply more practical than other forms of resistance at my disposal. What about the TRX? Same deal.

But for every trending topic that is brought to my attention, the common theme I notice is that some diehard fan is looking to me for validation that they’ve found something far beyond anything that has ever been created, which will undoubtedly help them accomplish the fitness goals they’ve yet to achieve using more conventional methods, like a barbell.

### **Muscles respond to tension**

I remember when both the TRX and kettlebells came into popularity

and people began to form cult-like subcultures, hoping to impose these tools on anyone who didn’t know better. TRX junkies would say things like, “The TRX is for athletes, and if you want to be an athlete, then you should use the TRX.” The same can be said for kettlebells: “Bro, have you tried kettlebells? They’re amazing. All my clients are losing weight ever since I started using them.”

Anytime someone comes to me for my opinion regarding these tools, they’re generally let down when I try to



**A muscle cannot differentiate whether or not you’re swinging a kettlebell or a dumbbell. Muscles only know tension.**

explain why I'm not fully on board with them and why I won't be adopting their principles and completely changing the way in which I do things. If I did, that would suggest that everything I knew and believed previously would be of significantly less value and that anyone I've worked with previously was shortchanged because what I now know would trump what I knew then, and this simply is not the case.

What I've known for a very long time now is this: Muscles only really know tension. This here is the underlying principle to which I always make my judgment when I'm asked for my professional opinion regarding a trending topic. When someone asks me about the TRX or kettlebells, or anything else for that matter, I ask myself, "Does this tool allow me to subject a specific muscle to a certain degree of tension?"

A muscle doesn't know if it's being loaded with a barbell or if the resistance is coming by way of body weight or using the straps of a TRX. Hell, a muscle cannot differentiate whether or not you're swinging a kettlebell or a dumbbell. Muscles only know tension.

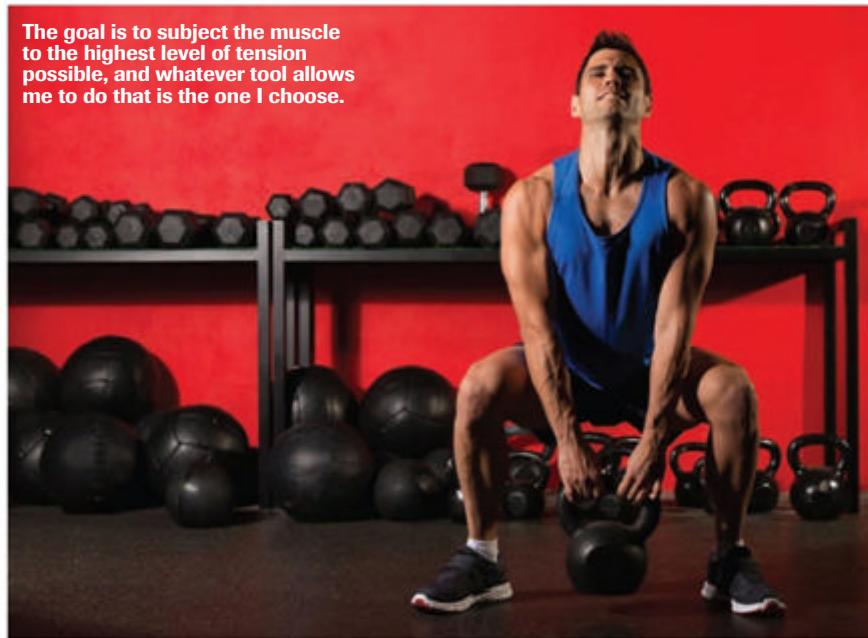
There are three primary triggers of muscular growth: tension, metabolic stress, and muscle damage. Some people fail to realise that tension is a prerequisite to both metabolic stress and muscular damage. Metabolic stress is the result of extended time under tension while damage comes from repeated bouts of tension.

## Free weights and machines

A common theme in the strength and conditioning realm is that free weights are superior to machines. But the same people who latch onto this belief are stunned when they see guys at the gym pack on a great deal of muscle using the Smith machine for their presses, squats, rows, or even deadlifts. (Who would deadlift in the Smith machine? Try Googling 'Chris Cormier Smith machine deadlift' and take a look at how shocked some people are on the message boards. It is mind-blowing.)

You can build a world-class back relying on Smith machine deadlifts as a staple because muscles only know tension. Cormier built his back by subjecting those muscles to very high levels of tension using whatever tools he found to be most effective. He just

**The goal is to subject the muscle to the highest level of tension possible, and whatever tool allows me to do that is the one I choose.**



happened to find the Smith machine valuable in that sense.

The reason most coaches advocate free weights over machines is because these coaches are not for bodybuilders, nor do they train them. The one area in which free weights reign supreme for the resistance training population is in regards to how the nervous system must coordinate movement when using a free weight, as opposed to a machine, which is locked into its path. Obviously in the world of sports, athletes are not locked into a fixed pattern, therefore performing such movements doesn't accurately reflect the real situations of an athlete's performance. Athletes need to move three-dimensionally, so therefore it is of greater value for them to train three-dimensionally. But for those who are simply looking to build muscle or lose fat, it's all about subjecting the muscles to high levels of tension.

## The right tool for the job

All of these items (TRX, kettlebells, barbells, dumbbells) are just tools at the end of the day. And much the same way that you'd select the right tool for a job at home, you should select the right tool for the job in the gym. While a hammer is a pretty versatile tool for a lot of different household tasks, you wouldn't rely on it for things that require fine precision and delicate movements.

The right tool, in this case, is the one that enables you to perform a given task to the best of your physical

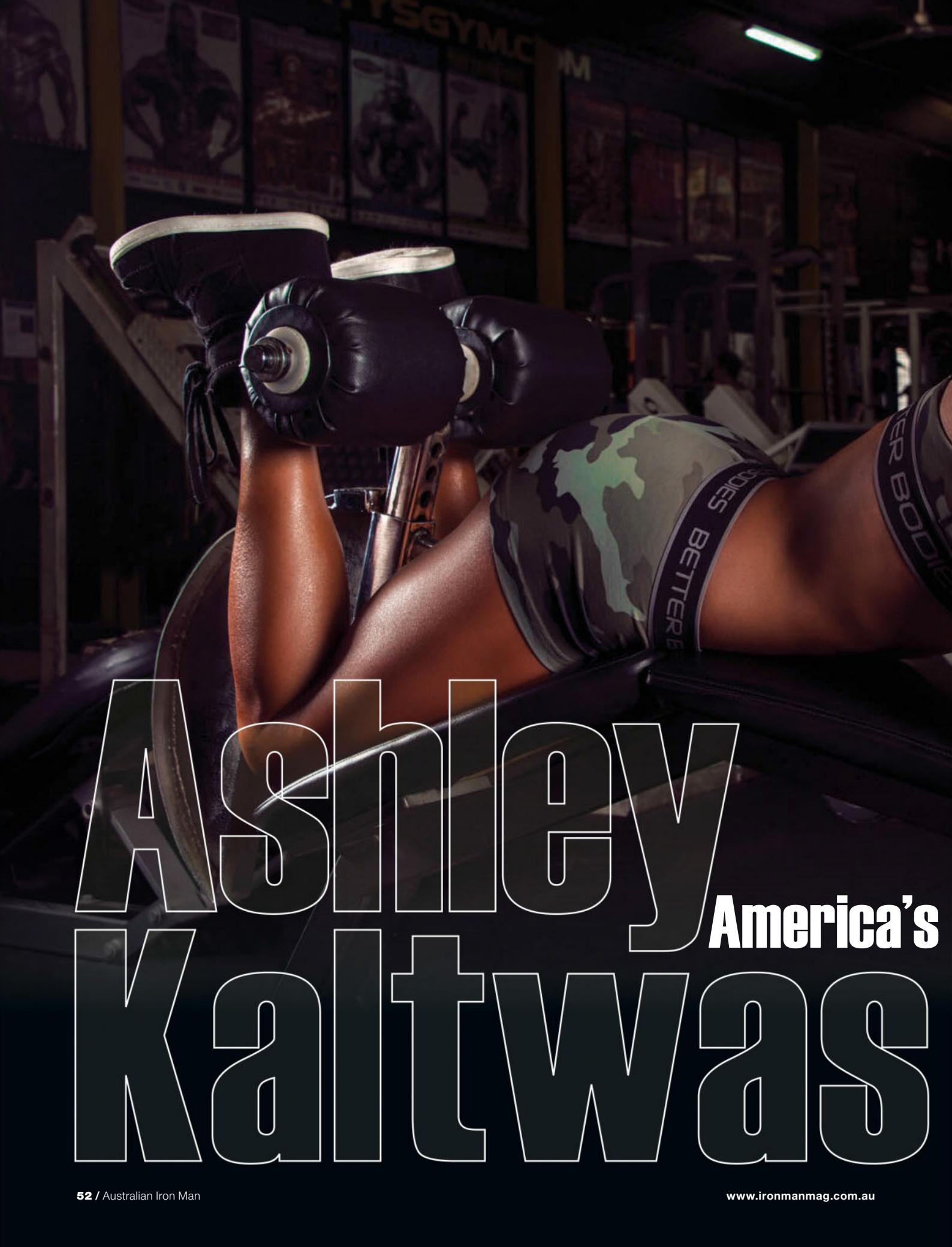
capacity (assuming the goal is to get the greatest return on your investment of time and effort). In some cases, the kettlebell may be the best tool. Some may have an easier time learning a swing holding onto the handles of a kettlebell, as opposed to one end of a dumbbell. Others may have an easier time subjecting the muscles at their hip, knee, and ankle joint by performing a squat through a full range of motion while holding onto a TRX, as opposed to loading a barbell onto their back.

For me, I know barbells and dumbbells allow me to subject my muscles to high levels of tension through full ranges of motion, and through stress and repetition I've built my body up to meet the goals I'd set out to achieve. But there are other tools that offer unique benefits that a barbell or dumbbell simply can't provide, such as a cable apparatus. There are specific situations in which I'll opt to use a cable apparatus to subject specific compartments of whatever muscle it is I'm trying to place under tension.

The goal is always to subject the muscle, or part of the muscle, to the highest level of tension possible, and whatever tool allows me to do that is the one that I choose. 



Vince DelMonte is a WBFF pro, fitness model, certified personal trainer and nutritionist, and author of *No Nonsense Muscle Building*.



# ASHLEY KATWAS

America's



Ever since **Ashley Kaltwasser** won her IFBB pro card in 2012, her success as a Bikini athlete has been phenomenal. She hasn't placed lower than second in more than two years, racking up 12 wins and five second places in the ever expanding Bikini division. As the reigning Arnold and Olympia Bikini Pro, Ashley looks set to break records the world over. We caught up with the beauty from the Buckeye state while she was in town for the Arnold Classic Australia.

Interview by Daniel Hedger  
Photography by abc: creative and Brett Clarkson

**Hi, Ashley. Thanks so much for talking to *Australian Iron Man*. How are you?**

Hello! I am absolutely fantastic — I have never been more happy in my entire life. So many great and exciting things have been happening lately...and there's even more to come!

**You recently came to Australia for the inaugural Arnold Classic Australia. How was that experience for you? Did you enjoy your time in Australia?**

I enjoyed everything! Everything ran smoothly and I had a wonderful time...the unbelievably long flight and jet lag was the only thing that wasn't fun [laughs].

# sweetheart

# sep

## ASHLEY KALTWASSER

**Congratulations on your fantastic recent success. As the current Bikini Olympia and Bikini Arnold winner, you have something of a target on your back. How competitive does it get in the Bikini division?**

Thank you, thank you! Yes, I certainly do! That puts a lot of pressure on me. But, that's a good thing because I am a pressure player 100 per cent.

**There are a few factors that contribute to my success, such as: my athletic background, my drive and hard work ethic, my passion for fitness, my genetics – thanks Mom and Dad – and perfect timing!**

**Growing up in Ohio, were you aware of the Arnold Classic? Did that play any part in your move into competing?**

Yes! The Arnold Classic is a big deal here in Ohio. I have been attending the Arnold Classic since I was a teenager. Never did I think that one day I would be competing there. It's quite the dream come true. The fact that the Arnold Classic takes place in Ohio certainly did persuade me into competing as an amateur. I thought, 'Wow, what a great experience it would be to compete with women from all over the world.' I was so spoiled to have the Arnold here in my backyard. Some people travel from around the world to attend the show, and I only had to drive two hours. It was such an incredible experience!





Roland Balk

## SELECTED COMPETITION ACHIEVEMENTS OF ASHLEY KALTWASSER

- 2015 IFBB ARNOLD CLASSIC AUSTRALIA, 2ND
- 2015 IFBB ARNOLD SPORTS FESTIVAL, 1ST
- 2014 IFBB RUSSIA PRO BIKINI, 1ST
- 2014 IFBB KOREA PRO, 1ST
- 2014 IFBB OLYMPIA WEEKEND, 1ST
- 2014 IFBB TORONTO PRO SUPERSHOW, 1ST
- 2014 IFBB NEW YORK PRO, 2ND
- 2014 IFBB NEW ZEALAND PRO, 1ST
- 2014 IFBB AUSTRALIA PRO GRAND PRIX XIV, 1ST
- 2014 IFBB ARNOLD CLASSIC, 1ST
- 2013 IFBB SHERU CLASSIC, 1ST
- 2013 IFBB OLYMPIA WEEKEND, 1ST
- 2013 IFBB TORONTO PRO SUPERSHOW, 1ST
- 2013 IFBB NEW YORK PRO, 2ND
- 2013 IFBB POWERHOUSE PRO, 1ST
- 2013 IFBB PITTSBURGH PRO, 2ND
- 2013 IFBB EUROPA SHOW OF CHAMPIONS ORLANDO, 2ND
- 2013 IFBB ARNOLD CLASSIC, 10TH
- 2012 IFBB HOUSTON PRO, 5TH

**You started competing in Bikini in 2011 and have basically been taking the top spots ever since. What do you attribute your success to?**

There are a few factors that contribute to my success, such as: my athletic background, my drive and hard work ethic, my passion for fitness, my genetics – thanks Mom and Dad – and perfect timing!

**You are one of the few Bikini competitors with a background in athletics – and track in particular. How do you think having that background has helped your training for the stage?**

I ran 400-metre hurdles in college; I

believe this has given my body a great base to start with. As a sprinter, I had developed some pretty good glutes and hamstrings throughout my years of running, which are essential in the Bikini division. The sport of track and field also taught me how to work hard.

**Would you ever consider a move to another division down the line or is Bikini where you're happy to stay?**

Absolutely not. I know what my genetic limitations are. My body is made for Bikini. I am a very small-framed individual who doesn't pack on size very easily. Besides, the Bikini division is too much fun anyway!

**As a sprinter, I had developed some pretty good glutes and hamstrings throughout my years of running.**

ASHLEY KALTWASSER



**You're very generous on your social media pages, sharing videos of your workouts and helping out your fans. Can you tell us a little about your relationship to your fans?**

Well, let's first start with the word 'fans'. I don't like that word. I feel as if it puts me on a pedestal and, hey, we're all equal here! I like the word 'supporters' much better.

Anyway, I get a lot of my motivation from others' reactions to my posts. If I can make someone smile or inspire them to try a little harder in the gym, it makes my day! I love the feeling of gratitude and being able to help others.

**If I can make someone smile or inspire them to try a little harder in the gym, it makes my day! I love the feeling of gratitude and being able to help others.**

**Is there an exercise you hate to do or do you just love getting in the gym and doing everything?**

I hate training back in general. It's always been a boring body part for me to train. I feel like sometimes it's so hard to get a pump going on.

**What's the number one mistake you see women make in the gym?**

Improper form or going into the gym uneducated on how to train.

**Thanks so much for speaking with us, Ashley. Good luck with your prep this year. Anything else you'd like to add?**

Thank you so very much! I would just like to briefly acknowledge my sponsors who have helped me get to where I am today: Gaspari Nutrition, Better Bodies, MuscleEgg, Liquid Sun Rayz and I would also like to thank FMG for helping guide me in the right direction. Thank you all. I am grateful to be your athlete! 

## ASHLEY'S GLUTE WORKOUT

EXERCISES	SETS	REPS
Leg Press (Shoulder-Width Stance, Feet High on the Sled)	4	10
Prone Hamstring Curl (Each Leg)	4	10
Each Leg Pistol Squat (One Leg)	3	10
Straight-Legged Dead lift (Wide Leg Stance)	3	10
Sumo Squats with Dumbbell (Wide Stance)	3	10
Plyo Box Jumps	3	10
One-Legged Deadlifts with Dumbbell	3	10
Curtsy Lunges (Each Leg)	3	10





# FACE FADE

SPLITTING YOUR WORKOUT INTO OPPOSING MUSCLE



# ON OFF

GROUPS CAN BE THE KEY TO NEW GROWTH.

By Mike Carlson

Photography by

Michael Neveux

Model: Calum von Moger

# ARNOLD

Schwarzenegger did a lot of things right in his journey to become the most celebrated bodybuilder of all time. Not only did he have fantastic genetics and a world-class work ethic, but his programming was varied and intense, and included a lot of volume.

One way Arnold was able to perform so many quality sets in one workout was to utilise an antagonist/agonist strategy, alternately working opposing muscle groups in the same session.

Volume is a personal issue. Some respond to it, while others just get sore and frustrated from repping set after set. An antagonist/agonist program allows one muscle to rest while you hit the opposing fibres.

"When you hit a big push pattern, you are involving a lot of muscles. At the same time, when you go to the antagonist, the pull movement, you are allowing those push muscles to rest. In Arnold's day, they would look at this

antagonist/agonist training protocol as getting a lot of volume on your bench, and then you can go to a machine row and allow the chest to rest so you can keep your volume up but push at a high intensity as well," says Brian



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## FACE OFF

Richardson, MS, CPL2, NASM-PES, the co-owner of Dynamic Fitness in Temecula, California.

This double whammy of volume and intensity is a major benefit, and the chief advantage over a more traditional back-and-biceps and chest-and-triceps split. The key is to utilise a superset-style strategy but with the longer rest periods of orthodox sets. Richardson recommends resting for 90 seconds or more before hitting the next set that will target the muscles on the opposite side of the body. This rest period will allow for nearly full replenishment of ATP stores.

"Science says if volume is high, the intensity must be low. But in this methodology we can allow one muscle group to rest adequately so you can hit high volume and high intensity," says Richardson, who trains several elite athletes such as UFC middleweight standout Sam Alvey.

An antagonist/agonist program will also help create balance in muscle groups, not just for aesthetics but also to preclude injuries and poor movement patterns. Performing an equal and opposite exercise with the posterior kinetic chain for every movement you do for the front will not only make you stronger, but it will circumvent that rounded-shouldered crab posture that comes with overusing pressing movements.

Since the body is not perfectly symmetrical front to back, Richardson suggests splitting the workouts four ways — Day 1: Horizontal push/pull. Day 2: Arms (biceps/triceps). Day 3: Vertical push/pull. Day 4: Legs. A horizontal push/pull is a movement in which your arms are in front of you and moving either away from your body or toward it. A vertical push/pull is when you are standing and the arms are moving either overhead or from the ground up.

Regularly changing up your workout program is a key to making gains and one of the first lessons we learn about bodybuilding. Richardson advises using this program for four to six weeks before making a switch, but no longer than eight weeks. As long as you use the proper amount of rest between sets and keep the intensity high, you can expect some significant results in hypertrophy.

"I use this with some clients right now," says Richardson. "It's a good workout to get your party pump on."

It worked for Arnold.

## THE ANTAGONIST/AGONIST PROGRAM

Here is an example of a classic antagonist/agonist program. Created by Brian Richardson, MS, CPL2, NASM-PES of Dynamic Fitness in Temecula, California. It is laid out in a four-day schedule and designed with a rep scheme that is focused on hypertrophy. Before each workout, perform 10 minutes of cardio and/or dynamic movement to warm up the muscles. Then do five to eight minutes of self-myofascial release (foam rolling) on the body parts that will be targeted in the workout. During each session, rest for at least 60 to 90 seconds between sets, and up to three minutes if needed.

### Day 1: Horizontal Push/Pull

Exercise	Sets	Reps
A1: Bent-Over T-Bar Row	5	12
A2: Incline Dumbbell Chest Press	5	10
B1: Seated Wide-Bar Cable Row	4	10
B2: Standing Pulley Flye	4	10
C1: Flat Bench Dumbbell Chest Press	4	10
C2: Low One-Arm Pulley Row	4	12

DAY 1



#### BENT-OVER T-BAR ROW

Place one end of an unloaded Olympic barbell in the corner of a room. Load the opposite end with weight. Place a V-grip handle under the bar, right before the sleeve of the loaded end of the barbell. Grasp the handle, and with a flat back, bend at the hips so your torso is at a 45-degree angle with the floor. Engage your lats and pull the bar as close to your sternum as you can. Squeeze and hold this position for a second before lowering the weight to the starting position. If your gym has a specific T-bar apparatus for this exercise, feel free to use it. You can also substitute a chest-supported T-bar row as well.



### FLAT BENCH DUMBBELL CHEST PRESS



Lie on a flat bench with a dumbbell in each hand, sitting atop each thigh. Use your thighs to kick up the dumbbells so they are held at your shoulders and slightly outside the body. Retract your shoulder blades and think about moving your scapula together and downward. Activate your chest muscles and slowly extend your arms toward the ceiling until your elbows are locked out and palms are facing away from you. Hold for a beat and then lower them with control.

### STANDING EZ-BAR CURL

With your feet shoulder-width apart and a slight bend in the knees, let an EZ-bar hang to your waist, with your hands shoulder-width apart and using an underhand grip. Without letting your elbows flare out to the sides, curl the bar up as far as possible, then lower it under control to the start position.



## Day 2: Biceps and Triceps

Exercise	Sets	Reps
A1: Standing EZ-Bar Curl	4	10
A2: Bar Dip	4	10
B1: Concentration Curl	4	12
B2: Lying Skullcrusher	4	8
C1: Seated Dumbbell Hammer Preacher Curl	5	12
C2: Rope Extension	5	10

(Train forearms on this day if desired)

### LYING SKULLCRUSHER

Lie back on a flat bench holding an EZ-bar over your face with your hands inside the width of your shoulders and arms extended. Bend your elbows to lower the bar down and slightly back to the crown of your head (for safety, don't lower the bar to your face). Touch down lightly, then extend your elbows to return to the arms-extended position.



# FACE OFF

## SEATED MULTI-PLANAR SHOULDER PRESS

In a seated position, take a dumbbell in each hand and use your thighs to lift them to each shoulder. Your upper arms should be parallel to the floor with the elbows bent 90 degrees. Your wrist and forearm should be directly under the weight and your palms facing forward. Extend your elbows and press the weights overhead. As you come to the top of the motion, turn your palms in so they face each other. Bring your elbows together in front of your body so they are almost touching. Lower the weight in this position. At the bottom, spread the arms back out to the starting position and begin the next rep.



## Day 3: Vertical Push/Pull

### Exercise

**A1:** Standing Kettlebell Shoulder Press

Sets

Reps

4 10

**A2:** Far-Grip Pull-Ups

4 failure

**B1:** Barbell Shrugs

5 12

**B2:** Unilateral Machine Pulldown

5 12

**C1:** Seated Multi-Planar Shoulder Press

4 10

**C2:** Close-Grip Pull-Down (With V-Handle)

4 12



## CLOSE-GRIP PULLDOWN (WITH V-HANDLE)

Sit on a lat pulldown machine with a V-bar attached to the pulley. Adjust the knee pads of the machine so they press down on the top of your thighs. Grab the V-bar with your palms facing each other. Roll your shoulders back. Using your lats, pull the bar down to your sternum as you squeeze your shoulder blades. Hold the bottom position for a second, then slowly bring the handle back to the start.

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# FACE OFF

## Day 4: Legs

Exercise	Sets	Reps
A1: Hex Bar Squat (or Barbell Deadlift)	4	10
A2: Lateral Barbell Lunge	4	10
B1: Leg Extension (With Toe Options)	5	12
B2: Lying Hamstring Curl	5	12
<b>FINISHER:</b> Standing Calf Raise	4	12

### LEG EXTENSION (WITH TOE OPTIONS)

Get into a leg extension machine and adjust the pad so it runs across the bottom of your shins. Slowly extend your legs until your knees are fully locked out. Return to the starting position, using a controlled motion. For the first 10 reps, point the toes outward. For the next 10 reps, keep the toes pointed at 12 o'clock. For the final 10 reps, point the toes inward at each other.



### LYING HAMSTRING CURL

Using a prone or seated machine, set the pad so it rests across the backs of your ankles. Activate your hamstrings and bend your knees so you press against the pad. Bring your ankles as close to the backs of your thighs as possible. Make sure to keep from hyperextending your back during the rep. Slowly return until your legs are nearly straight. Wait for a beat and then begin the next rep. 

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# Flip the Script

By Cornell Hunt, CSCS

## How to use tyres for maximum muscle and power development.



You only need to visit any modern gym to know that strongman training is making its way into mainstream fitness programs. The types of training and events that not long ago were seen on the televised World's Strongest Man competition are now being used to enhance performance and conditioning in everyone from elite MMA fighters to suburban moms doing outdoor boot camps.

The strength gains and the cardiovascular benefits associated with strongman training have been widely noted. As a result, many gyms now include a host of implements such as battle ropes, pushing/pulling sleds and even Atlas stones. One of my favourites is the tractor tyre. The most common use for tyres is flipping them for predetermined amounts of repetitions or time.

Outside of athletic training, tyre flips are actually a no-brainer for everyday fitness enthusiasts and people with physique goals. Building muscle and shedding fat are usually the name of the game, and tyre flips are guaranteed to produce both. Since the tyre flip requires your total-body involvement to perform the movement, the demands it places on a body are great for conditioning.

It's important to stress that like many other exercises, tyre flips are not meant for everyone. Before you even attempt to flip a tyre, you should have a firm base of strength developed in a more conventional setting. Knowing how to perform a barbell squat and a deadlift correctly is crucial, but performing each lift with an adequate load is important for developing the strength needed for flipping tyres correctly. Tyre flips require sound understanding of placing your

body in the right position, especially when it comes to your spine.

There are different styles of flips that should be used for different training protocols. If you're looking to add this unique movement to the mix of your current training but still keep things safe and fun, then opt for a lighter tyre. A lighter tyre will be more forgiving if your technique falters. It will also allow you to increase the volume of flips you perform if doing a workout for either time or distance. The nature of your exercise and fitness level will determine the weight of your tyre. For someone just looking to have fun and get a great total-body workout, I recommend choosing a tyre between 150 (68 kg) and 300 pounds (136 kg). Believe it or not, females can usually handle the lighter one, while males should be able to handle the heavier one.

Trainees with a solid strength base and experience in the weight room should use a bigger tyre weighing between 300 (136) and 500 pounds (227 kg). In my gym, the heaviest tyre we have is 650 pounds (295 kg), but there are tyres that can weigh over a 1,000 pounds (454 kg). The heavier the tyre gets, the more conducive it is for strength development and specific for anyone training for strongman competitions. If you are someone who has no interest in competitions, I wouldn't attempt flipping anything over 700 pounds (317.5 kg).

There is a critical form involved in lifting a tyre correctly. A common technique involves placing your feet close to the tyre, squatting down, and then using your legs and arms to flip the tyre. This is usually done only with lighter tyres. Some people are actually strong enough to squat down and basically curl the weight up, but this should definitely be avoided. In this position, you are more susceptible to starting off with a rounded spine, which is usually never a good position.

## Outside of athletic training, tyre flips are actually a no-brainer for everyday fitness enthusiasts and people with physique goals.

The technique I recommend is more commonly seen in experienced lifters. Stand about a foot back from the tyre and then crouch down and take a firm grip with both hands under the edge. Lean your chest into the tyre and keep your back flat and engaged. Explosively drive into the rubber and also up at an angle, extending through the ankles, knees and hips. When the tyre gets to about 45 degrees, jam one knee into it. This should also allow you to shift your hands into a pushing position to get the tyre over. This process can be done quickly or take a few seconds to complete, depending on fatigue and the weight of the tyre. I've seen people spend close to 20 seconds attempting to flip a tyre.

Dedicate no more than two days a week to flipping tyres unless you're preparing for a strongman competition.

Two days a week allows you to mix up speed on one day and strength on another day. You can attempt to flip a lighter tyre for time one day and then a heavier one for reps on another. After you've practice flipping the tyre, try one of my favourite high-intensity workouts:

### Three to four sets of 60-second

**flips:** If you're outside and have more space, you can flip the tyre continuously down a path. If you're inside, flip the tyre over and run to the other side to flip it back. Continue doing this for 60 seconds and then take a 60-second rest before repeating again. I suggest counting the number of flips it takes you to do the first round when you're fresh. Try to maintain the same number of flips you did the first set for all the sets.

### Three to four sets of two to four

**flips:** This one should be done with a heavier tyre. Focus on good technique and being explosive during each rep. I actually recommend doing this toward the beginning of your training session when you're well rested so you can focus on maximum intensity throughout each flip.

### Three to four sets of 20-yard timed

**flips:** This is a great workout if you have a partner and two tyres of equal weight. Both of you should simply start flipping the tyre for 20 yards and see who can finish first. You can do this by yourself and track your time. Every time you train, try to better your time from the last one.

**Tyre Circuit:** One of the most exciting things to do with tyres is combine them with other exercises or create a strongman complex. One circuit that we do at my gym is 90 seconds of all-out intensity, and it only demands two pieces of cheap equipment: a truck tyre and sledgehammer.

**Tyre flips:** 30 seconds

**Sledgehammers:** 15 seconds  
striking each side of the tyre

**Tyre jumps:** 30 seconds

Tyres are a great piece of exercise equipment to add to your training arsenal. Tyre flips target your entire body, including your posterior chain (lats, lower back, glutes, hamstrings, and calves), as well as your anterior



chain (chest, abs, and quads). Your biceps, triceps, shoulders, forearms and hand grip all get worked

Lifting odd objects that weren't designed for a gym challenges your body and stimulates massive strength and muscle-mass gains. Remember to train hard, but train smart. 

Cornell Hunt is a Certified Strength and Conditioning Specialist who trains athletes in Fairfield, New Jersey, and is the Xtreme Trainer for MHP. For more info, visit [MHPstrong.com](http://MHPstrong.com)

#### CONNECT WITH US





# CAFFEINE RULES

*Get the most out of your favourite pre-workout stimulant with these simple guidelines.*

*By Jenevieve Roper, PhD (ABD), CSCS*



**C**affeine is probably the most common nutrition supplement used. I mean, how many of us absolutely must have that morning pick-me-up? A survey conducted by the Department of Nutritional Sciences at Pennsylvania State University found that 85 per cent of Americans consume at least one caffeinated beverage a day. There's nothing wrong with caffeine, and a whole lot that is right, but there is more to this popular drug (yes, it's technically a drug) than you may know. When using it as a sports supplement, there are a few rules to follow. So here are some do's and don'ts when caffeine is a part of your routine.

**DO:** When using caffeine to increase performance, it's best ingested 60 minutes prior to exercise. This includes strength and power athletes, in addition to endurance athletes. A dose of three to six milligrams per kilogram of body weight is ideal. So how much is that exactly? Well, the average cup of coffee has about 200 milligrams of caffeine in it (brewed coffee, that is; instant and espresso have less). And let's say you weigh about 100 kg. Therefore, you're looking at consuming anywhere between 300 to 600 milligrams of caffeine prior to exercise, or 1.5 to three cups of coffee. That may be hard to take in prior to exercise, so this is where caffeine pills or a pre-workout formula can come in handy.

**DON'T:** Avoid overconsuming it! Unfortunately, too much caffeine will work against you. Yes, it's true that the more you take, the greater the ergogenic effect. But, unfortunately, as the doses go up, so does your risk of developing side effects such as anxiety, restlessness, and headaches, which all may impair performance. Also, because it impacts the central nervous system, it could potentially impact your sleep. And when beast mode is on, sleep is vital. Besides, going above six milligrams per kilogram of caffeine per day does not always result in improved performance. So in this instance, less is more.

**DO:** Include caffeine in your plan when cutting calories. Everyone knows that it increases your metabolism, so why not use it to your advantage? Studies have shown anywhere between a six per cent and 16 per cent increase in metabolic rate, depending on how much caffeine you consume. Also, your metabolism will remain elevated for a few hours after you consume it, giving you the ability to scorch a few extra calories. When used post-exercise, you could potentially reap the benefits of EPOC (excess post-exercise oxygen consumption), which

## CAFFEINE RULES



elevates metabolism) and caffeine simultaneously, giving you that extra metabolic push.

**DON'T:** It's believed that you shouldn't ingest caffeine and creatine simultaneously. In fact, it's been shown that caffeinated beverages actually negate any benefits you may get from creatine supplementation. Although some studies have proven otherwise, it may not be worth the risk of wasting money. Therefore, you may not want to add caffeine to that creatine/protein breakfast shake. Split them up and avoid any potential letdown.

**DO:** Make sure you cycle caffeine like you would any other ergogenic aid. Unfortunately, this is where that morning cup of joe may work against you. Our body is very clever and quickly

adapts to outside influences. After a while, you become insensitive to caffeine, making it harder to benefit from its consumption. No one really knows the magic number of how long you need to wait before you cycle off it. But one thing is for sure, if you need to consume more and more caffeine just to get that same effect that you once did, it's probably best to leave it alone for about a week so you can start to reap those benefits anew.

**DON'T:** Avoid the fancy versions of coffee that are supposed to be the better, stronger versions and offer greater results. These custom creations are often fortified with caffeine and other ingredients (such as green tea extract) that are said to improve weight loss, and mental and physical performance. Unfortunately, the research just doesn't



## THE POWER OF COFFEE

Coffee is the most widely used source of caffeine, with about 70 per cent of US caffeine intake coming from coffee. (You may even be drinking some as you read this.) It was once believed that coffee was a calcium parasite that could potentially lead to low bone mineral density and impaired muscle contractions. However, science has since put that to rest. Although it was suggested that caffeine enhanced calcium mobilisation, it has been determined that a normal physiological dose does not necessarily use this mechanism of action. Score one for coffee.

Now you may have read about how coffee is turning out to be a superfood that should be included in every diet. Hold your horses while we sort through this. Yes, research has shown that coffee intake reduces your risk of numerous chronic diseases, including cancer. However, you have to consume an ungodly amount of coffee in order to reap the stated benefits. At minimum you need four cups of coffee (approximately 800 milligrams of caffeine) to get the most bang from your brew, with other studies indicating much more. Of course, everyone is different, so you may need more or less. But remember, when you start increasing caffeine consumption above six milligrams per kilogram of body weight, you're increasing your risk of side effects that can end up being detrimental to performance.



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# CAFFEINE RULES

support those claims. Sure, there may be a boost in metabolic rate, but nothing you can't get by simply drinking an extra cup of coffee. Save your money and leave the fancy stuff alone.

**DO:** If you are on a low-carb diet, you need to make friends with caffeine. We all know that when going low carb, post-exercise glycogen stores are going to be low, especially after high-intensity exercise. And if you're doing two-a-days in the final stage of contest prep, this is something that can massively affect your performance in your next workout. But, luckily for you, caffeine may be your new superhero. Recently, it was shown that consuming caffeine and carbs improved glycogen synthesis rates significantly more than when consuming carbohydrates and protein together, or carbohydrates alone. In other words, caffeine helps partition the carbs you do eat into our muscles for fuel. It also has been shown to improve performance in subsequent bouts of high-intensity exercise.

**DON'T:** There is no need to rely on expensive energy drinks. Yes, we've heard that you can get wings from Red Bull, but at four dollars a can, is it really

## FIT FACT

Caffeine not only raises your metabolism, but it also increases lipolysis, turning you into a fat-incinerating machine.

worth it? Also, most energy drinks are made up of 'energy blends'. This typically includes caffeine, taurine, and an insane amount of B vitamins (which are not hard to get from food.) These 'blends' are thought to aid in improving performance. However, negative side effects have been reported when consuming more than one serving per day long-term, including elevated blood pressure and resting heart rate. And who needs all those sweeteners, artificial colours, and preservatives?

**DO:** Add some variety to your caffeine consumption. It doesn't always have to be coffee. Tea, especially black tea, is a good source of not only caffeine, but antioxidants. Cocoa is another good source of caffeine. And no, not your typical milk chocolate. It turns out, the darker the chocolate, the higher the caffeine content — and it's a great source of antioxidants as well. But since

it's still high in saturated fat and sugar, unsweetened cocoa powder is what you should keep handy.

**DON'T:** If you're new to training, go slowly using caffeine as an ergogenic aid. Because of its mechanism of action, caffeine can actually interfere with the transmission of painful stimuli to the brain. This has been shown to result in diminished pain perception and reduced perceived exertion during exercise. While this may seem like a benefit, it could potentially be risky. Since it has hypoalgesic (decreased sensitivity to pain) effects, you may not realise when you're injured or how badly you may be injured. At the very least, you might end up with an epic case of delayed onset muscle soreness. Have a plan before you hit the gym and stick to it. Just because you feel invincible doesn't mean that you are. ☺



Include caffeine in your plan when cutting calories. Everyone knows that it increases your metabolism, so why not use it to your advantage?

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## On Legs and Eggs

By Jason Poston

### If you catch yourself slipping, find your way back with the basics.

It's 10:45 p.m. and you just finished brushing your teeth before bed. You're standing there gazing at yourself in the mirror and you're thinking, "I look like complete crap." Your face looks bloated, your stomach has extra fat around the rim that's hanging over your underwear, your hair is on day 26 of a bad hair day, and you've completely changed your preferred style of clothing because your body

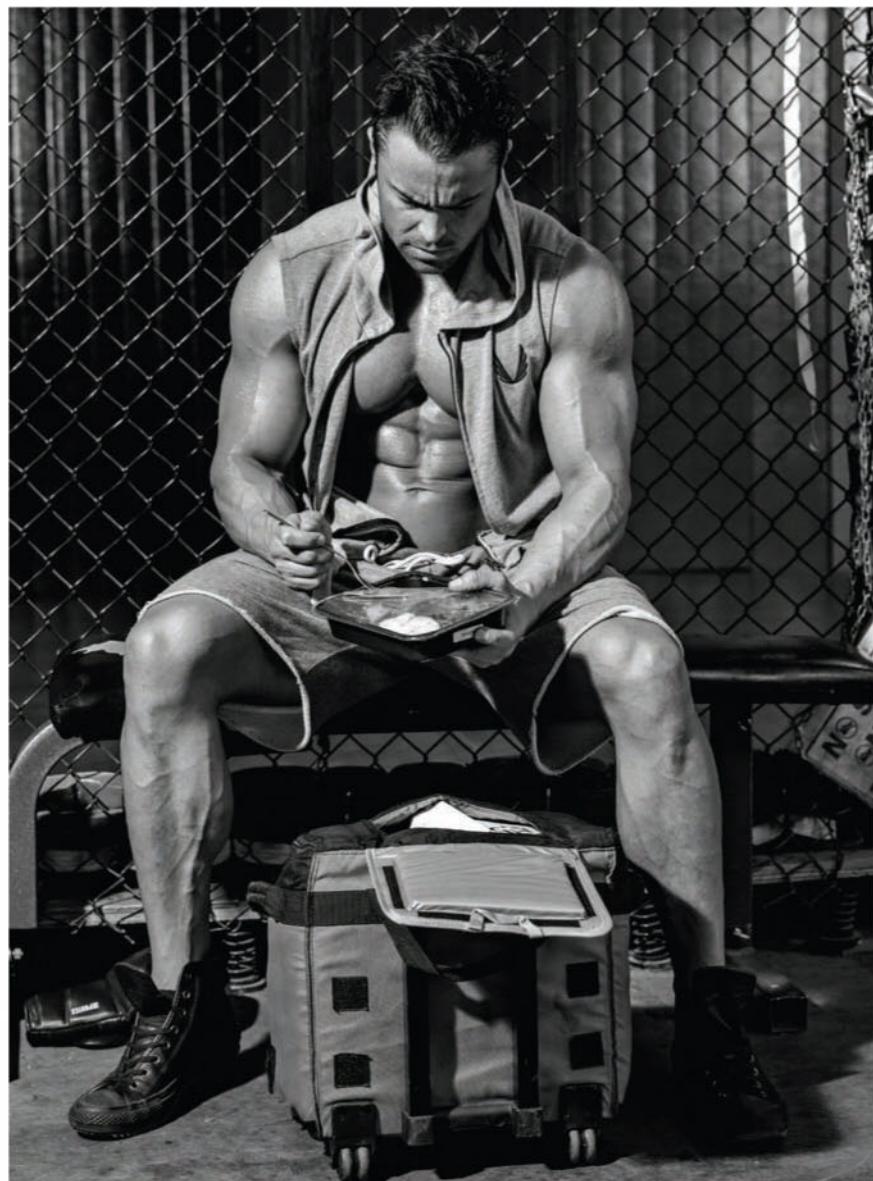
just doesn't look good in that stuff anymore. Everywhere you went this week, the women were not even slightly glancing at you because your lack of self-confidence was oozing from your pores. You are about 50 per cent of what you should be physically and even your mental state has taken a hit because of your physical malaise. Your job is even in jeopardy because your enthusiasm at work is

that of a 14-year-old at a political rally about social security. Your confidence and charisma has the equivalency of a wet sack of dog doo. What happened?

The steady decline you may experience in so many areas of life is because you let one thing go many years ago: your health! Working out? You skipped one day of exercise, then two, then 303 days. Or maybe you just decided "squats aren't good for you" and started skipping leg days. And the food that fuels your body to be the best it can be is once again about 50 per cent of the quality it should be.

When you are playing from a deficit position, it can feel like nothing goes right. And when this happens, depression can set in, and the mental and physical setbacks you felt can actually turn into profound health issues. The good news is you can get that 50 per cent back. It's not as hard as it looks. Once you get a taste of that road back to your best self, it begins to get easier and easier. That's because there is nothing stronger than an educated and health-conscious man who is functioning on all cylinders both in the gym and in his profession. Emotions, confidence, decision-making skills, and sex drive are all popping and you feel alive! That's what being an *Iron Man* reader and PostonStrong Gym Rat is all about. It's about excelling in every avenue of life because you didn't forget the manners mama taught you. You kill it in the gym, you kill it in the kitchen, you crush business goals, and at the end of the day you will know nobody outworked you. So where exactly do you start? It is very simple: Legs and eggs!

Yes, it's that easy. A basic workout of foundational movements paired with solid nutrient-dense meals are what will get you back on track to being 100 per cent. Make this a consistent part of your life and it will pay off. Trust me on this — do this workout and eat this meal, and you will feel your confidence, energy, and emotions soar.



Per Bernal/Model: Jason Poston



**Legs and eggs!** Yes, it's that easy. A basic workout of foundational movements paired with solid nutrient-dense meals are what will get you back on track to being 100 per cent.

Per Barbell

### Leg Day: Mondays

Squat	4x6/5/4/3
Front Squat	3x15
Leg Press	3x25
Hack Squat	3x20
Walking Barbell Lunge	4x30-40
Romanian Deadlift	4x15
Reverse Hamstring Curl	3x8
Standing Calf Raise Machine	3x20
Seated Calf Raise	3x20
Stretch and Foam Roll	

### Leg Day: Fridays

Box Squat	4x8
Resistance Band Squat Jump	4x6
Single Leg Deadlift	3x10
Weighted Lunge Jump	4x16
Leg Extension	4x25
Resistance Band Side Lateral Jump	3x12
Donkey Calf Raise	4x20
Stretch and Foam Roll	

### Breakfast

This go-to breakfast is perfect for a 200-pound (91 kg) gym rat who lifts in morning. I can happily eat this every day.

- 2 whole eggs, 4 egg whites (35-40 g protein)
- 2 cups of spinach in eggs
- MET-Rx Protein Pancakes (40 g carbs, 12 g protein)
- ½ tablespoon coconut oil over pancakes
- Coffee

### Post-Workout Evening Meal

Who says eggs are only for breakfast? Not me. The protein and healthy fats in eggs are good anytime.

- 3 whole eggs, 4 egg whites, spinach (40-45 g protein)
- 2 pieces Paleo bread
- 1 tablespoon coconut butter. 



Jason Poston is an IFBB pro and MET-Rx athlete. Despite being diagnosed with type-1 diabetes in 2011, he has gone on to win several pro physique shows. He is a natural-born coach and trainer who is passionate about inspiring others to live their fittest life possible. Follow him on Twitter: [@JasonPoston](https://twitter.com/JasonPoston)

# NATURAL GLORY

Photography by Melita Jagic



Held as part of the Australian Fitness & Health Expo in Melbourne, the INBA Southern Cross Championships brought three days of natural bodybuilding to the masses. The *Iron Man* stand was right by the stage and so we were well-placed to view proceedings.

**I**NBA Australia president Tony Lanciano was super excited at having a PNBA division — the pro natural division of the INBA — in Australia for the first time on the Sunday, where our best naturals got to compete in a Pro Qualifier for the chance to earn a natural pro card and compete on an international stage.

To be eligible for the Pro Qualifier, competitors had to have already attained PNBA pro status or have won an INBA open championship in a previous division.

The Pro Qualifier divisions were Men's Bodybuilding, Mr. Fitness, Mr. Physique, Ms. Physique, Fitness Model

Tim Martin, second place in the Pro Men's Bodybuilding Qualifier.

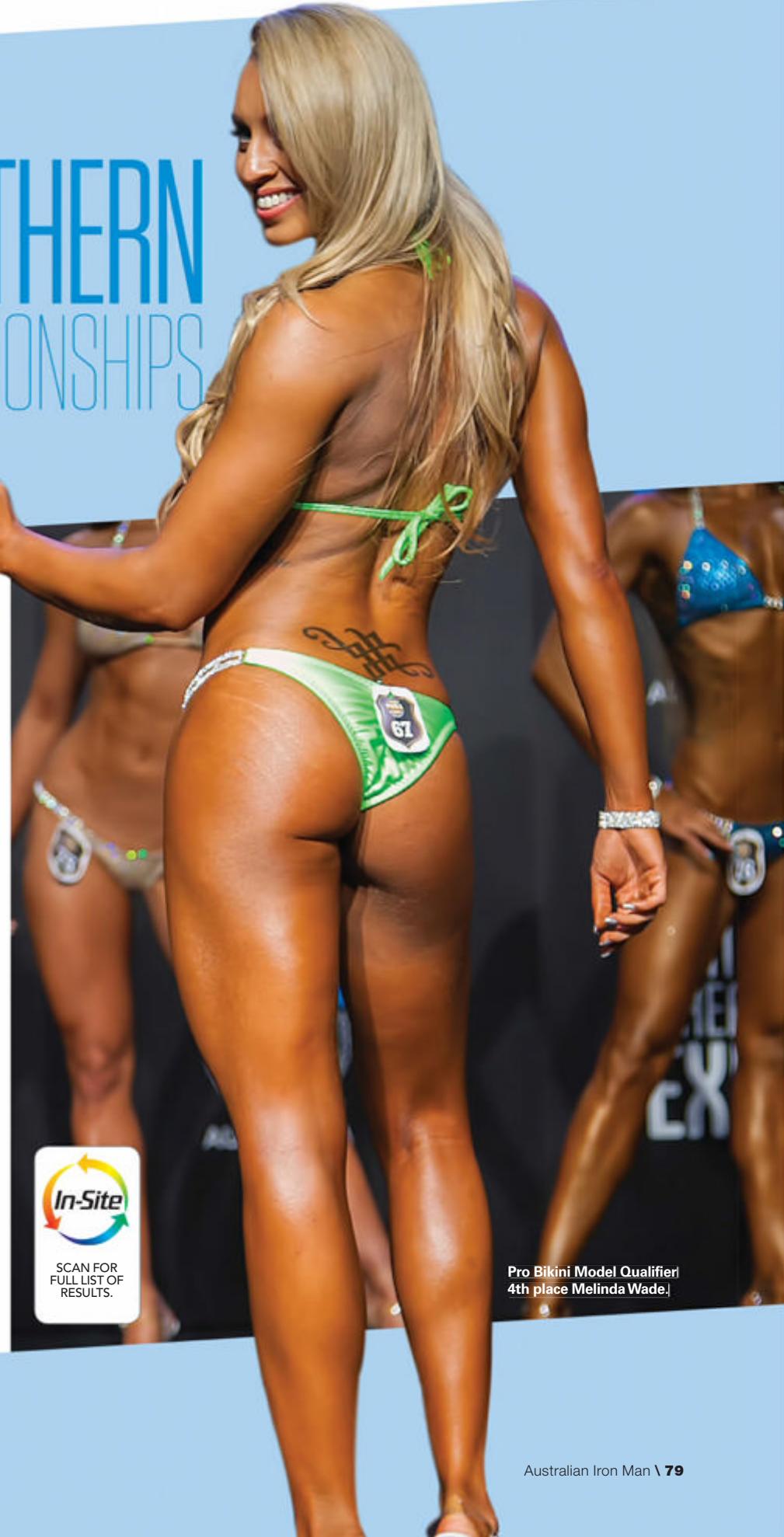
# INBA SOUTHERN CROSS CHAMPIONSHIPS

and Bikini Model – the top three attained a PNBA pro card and a trip to compete in Dubai at the PNBA World Championships in June. A top placing at that event qualifies competitors for the Natural Olympia in Las Vegas in November this year.

In addition, the top five of each amateur division qualified for the May City National Championships in Sydney and to be part of Team Australia at the INBA World Championships, Dubai. A top five placing also qualified competitors for the Aussie Titles in October and also the US Natural Olympia.

So there was a lot riding on the success of this show – and they knocked it out of the park.

**Note:** Due to the sheer number of competitors, unfortunately we could not feature every single division and winner. For a full list of results, please scan this page with your In-Site app.



Pro Bikini Model Qualifier  
4th place Melinda Wade.

## INBA SOUTHERN CROSS CHAMPIONSHIPS



Pro Men's Bodybuilding Qualifier.



Mr. Physique Novice.



INBA Angels.



Bikini 21.

# INBA SOUTHERN CROSS CHAMPIONSHIPS

Pro Bikini Model Qualifier top 3.



Pro Bikini Model Qualifier top 3 with Tony and Patricia Lanciano.



Pro Men's Bodybuilding Qualifier posedown.

## 2015 INBA SOUTHERN CROSS CHAMPIONSHIPS SATURDAY EVENTS

### SWIMWEAR MODEL

1 Brooke Harlander

2 Eva Balaban

3 Katerina Volas

### MR. PHYSIQUE MASTERS

1 Luke Trainor

2 Chris Anderson

### BIKINI FIRST TIMERS

1 Daphne Scoutas

2 Ryleigh George

3 Rochelli Alligan

4 Sam Millar

### BIKINI 21

1 Alana Warwick

2 Emily Craig

3 Laura Nugent

4 Ellie Kaponikolos

### BIKINI MOMMA

1 Rochelli Alligan

2 Jenny Qin

3 Sam Millar

4 Eva Balaban

### BIKINI 30+

1 Beck Wrigglesworth

2 Sam Millar

3 Mai Le

4 Eva Balaban

### MR. PHYSIQUE NOVICE

1 Chris Boadle

2 Miles McKirdy

3 Zac Ward

4 Ross Danese

### BIKINI NOVICE

1 Jess Sandford

2 Alana Warwick

3 Ryleigh George

4 Jasmine Polacco

### BIKINI OPEN

1 Melinda Wade

2 Tara Walker

3 Emily Craig

4 Juliette Vagg

### MR. PHYSIQUE OPEN

1 Chris Boadle

2 Miles McKirdy

3 Steve Omeike

4 Zac Ward

### INBA ANGELS

1 Ania Borowska

2 Tammy Howe

3 Rochelli Alligan

4 Beck Wrigglesworth

**FITNESS MODEL FIRST TIMERS**

- 1 Tori Cherry
- 2 Valerie Zahra
- 3 Lauren Simpson
- 4 Sam Crawford

**FITNESS MODEL 21**

- 1 Annaleise Varga
- 2 Shenae Healey
- 3 Nat Antoni
- 4 Maddi Reznik

**FITNESS MODEL MOMMA**

- 1 Dee Ismail
- 2 Lisa Licciardi
- 3 Rebecca Joseph
- 4 Simone Lynch

**FITNESS MODEL 40+**

- 1 Simone Lynch
- 2 Danelle McDougall
- 3 Dee Whitworth
- 4 Claudia Margach

**FITNESS MODEL 30+**

- 1 Lisa Licciardi
- 2 Rebecca Joseph
- 3 Layla Raad
- 4 Dee Ismail

**FITNESS MODEL NOVICE**

- 1 Tori Cherry
- 2 Jess Nathan
- 3 Lauren Simpson
- 4 Jacinta Argyropoulos

**FITNESS MODEL OPEN CLASS 1**

- 1 Emily King
- 2 Teurai Chanakira
- 3 Jess Nathan
- 4 Simone Lynch

**FITNESS MODEL OPEN CLASS 2**

- 1 Lauren Simpson
- 2 Riann Burton
- 3 Veronica Ciccone
- 4 Kristy Veith

**FITNESS MODEL OVERALL**

- 1 Lauren Simpson

**MEN'S FITNESS MODEL NOVICE**

- 1 Phil Conway
- 2 Jarryd Hollonds
- 3 Ross Larsen
- 4 Andrew Katopodis

**MEN'S FITNESS MODEL OPEN**

- 1 Jarryd Hollonds
- 2 Tyson Murphy
- 3 Phil Conway
- 4 Ross Larsen



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# INBA SOUTHERN CROSS CHAMPIONSHIPS



## 2015 INBA SOUTHERN CROSS CHAMPIONSHIPS AMATEUR SUNDAY RESULTS

### MEN'S MASTER 50+

- 1 Johnny Muscari
- 2 Bruce Hatfield
- 3 Greg Bigg
- 4 Jeremy Hope

### MEN'S MASTER 40+

- 1 Danny Pavlovich
- 2 Paolo Ardiani
- 3 Dave Healey
- 4 Mick Lawrie

### MS. FIGURE MASTER 50+

- 1 Sheryl Summers
- 2 Lee Lay
- 3 Jillene Seddon
- 4 Jo Roe

### MEN'S TEENAGE

- 1 Mitch Emmett
- 2 Irfan Sarwar
- 3 A.K. Ashna
- 4 Thomas Knight

### MS. FIGURE MASTER 40+

- 1 Camilla Hasloch
- 2 Margarita Gregov
- 3 Nicky Jacobson
- 4 Vicky Tetikis

### MEN'S JUNIOR

- 1 Kosta Elenis
- 2 Andy Wang
- 3 Jon Pettifer
- 4 Zoran Babic

### MEN'S BODYBUILDING FIRST TIMERS

- 1 Irfan Sarwar
- 2 Triston Seymour
- 3 Paolo Ardiani
- 4 Paul Hooper

### MS. FIGURE NOVICE

- 1 Ania Borowska
- 2 Erinlee Huggard
- 3 Stacey Lingman
- 4 Nikki Didcock

### MEN'S NOVICE

- 1 Ash Dowell
- 2 Mitch Emmett
- 3 Jesse Hawkes
- 4 Paul Hooper

**MEN'S UNDER 72KG**

- 1 Ash Dowell
- 2 Mitch Emmett
- 3 Jesse Hawkes
- 4 Joshua Jungmann

**MEN'S PLUS 72KG**

- 1 Triston Seymour
- 2 Devin Gall
- 3 Leon Stensholm

**FIGURE INTERNATIONAL OPEN**

- 1 Melissa Woolfson
- 2 Ania Borowska
- 3 Kirsty Ray
- 4 Katrin Hapala

**MEN'S OPEN**

- 1 Tim Perry
- 2 Ricardo Martinez
- 3 Tyrone Williams
- 4 Danny Pavlovich

**MS. FIGURE OPEN**

- 1 Melissa Woolfson
- 2 Rhiannon Sheldon
- 3 Ania Borowska
- 4 Kirsty Ray

**2015 INBA SOUTHERN CROSS CHAMPIONSHIPS PRO QUALIFIER****PRO MS. FITNESS MODEL QUALIFIER**

- 1 Cristina Ramon
- 2 Emma Morrison
- 3 Emily King
- 4 Danielle Mondo

**PRO MEN'S BODYBUILDING QUALIFIER**

- 1 Tim Perry
- 2 Tim Martin
- 3 Anthony Kerr
- 4 Ricardo Martinez

**PRO MEN'S FITNESS MODEL QUALIFIER**

- 1 Santosh Shrestha
- 2 Craig Fisher
- 3 Brad Fraser
- 4 Jade Cooper

**PRO MS. FIGURE QUALIFIER**

- 1 Mollie Stewart-Gibson
- 2 Melissa Woolfson
- 3 Casey-Lee Handley
- 4 Katrin Hapala

Men's Teenage top 2.



Some of the Pro Men's Fitness Model Qualifier competitors.



# INBA SOUTHERN CROSS CHAMPIONSHIPS



## 2015 INBA SOUTHERN CROSS CHAMPIONSHIPS PRO QUALIFIER CONTINUED.

### PRO MR. PHYSIQUE QUALIFIER

- 1 Chris Boadle
- 2 Pablo Piedrabuena
- 3 Jono Rodrigo
- 4 Kieran Ross

### PRO BIKINI MODEL QUALIFIER

- 1 Emma Cochrane
- 2 Mel Bennett
- 3 Whitney Freyling
- 4 Melinda Wade



Pro Mr. Physique Qualifier top 3 with Tony and Patricia Lanciano.



INBA top women finalists.





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## PUMP NUTRITION

### Person behind the brand: Con Manavakis

#### Hi, Con. Thanks for chatting with Iron Man today. How did you become involved in the supplement industry in the first place?

I got into the industry because I like to train and keep fit, and at the time I got into the supplement industry it was starting to take off, which is going back to the start of 2007. So you could say I got in at the right time.

Most people these days have tried at least a protein powder or some form of an amino in order to help them attain their training goals, and I also feel that more and more 'average Joes' are using some form of supplement these days. It's a booming industry and I am just happy to be a part of it. I actually love what I do!

#### What can you tell us about the origins of Pump Nutrition? Is there an interesting story behind it?

I started importing more hardcore supplements into Australia because there was a need for those types of products around the area that I was living in. I had quite a few retail stores approach me, so I decided to do my homework. I started working out of my garage — hey, we've all got to start somewhere. But I've got to say with the way the rules and regulations are here in Australia, it's very hard to do this, as I am sure there are other distributors who were trying to do the same thing.

Without giving too much away, all I can say is that I have the right people behind me and I know how the system works. Knowledge is power!

My company has grown over the years and I now have a warehouse located in Bayswater, Victoria and sales reps working for me now — I have come a long way!

#### What sort of products does Pump Nutrition specialise in?

My company tends to bring in the hard-to-get supplements in terms of capsule, tablet form of products; as you might know, there are not many companies that can import these types of products

Con in the Pump Nutrition warehouse.





Con with one of his reliable retailers.

legally. Furthermore, we tend to specialise in other products that are unique to the industry. For example, our Chocolate Silk Greens, which is the only type of greens supplement that can be mixed in with your protein shake, and you cannot tell if it's in there. One of the best-tasting greens on the market, it tastes like chocolate, which is unheard of for that type of greens product!

The fact that most of our test boosters are taken under the tongue, which is a better mode of getting the supplement into the bloodstream, and the fact that we are a small company and tend to cater for smaller and bigger businesses, we are quite flexible for any type of business.

### Tell us about your sponsored athletes.

Dab Sarecki Koronis has a wealth of knowledge and has won the following titles (see below). She currently does personal training at Supergym in South Australia and she will be competing in Toronto again this year for UFE Professional Fitness Model Championships in November!

- 1st Place INBA SA Fitness Model 2014
- 1st Place ANB SA Fitness Model 2013 and 2014
- 1st Place WFF SA Fitness Model 2014
- 1st Place ANB National

Fitness Model 2014

- 2nd Place WFF SA Fitness Model 2014
- UFE/ANB Professional Fitness Model Status 2014
- UFE World Professional Fitness Model Championships Toronto finalist 2014

We also sponsor Kristian Porthill. Most people in the bodybuilding industry know who this guy is his stellar list of achievements includes:

- 1st WFF Mr International Class 1 and Overall 2009
- 1st WFF Mr Southern Hemisphere Class 1 and Overall 2009
- 1st WFF Mr Universe Superbody Under 35 and Overall 2009
- 1st WFF Mr Australia Class 1 and Overall 2009
- 1st WFF Mr World Superbody Under 35 and Overall 2009
- 1st NABBA Mr Victoria Class 1 2010
- 1st NABBA Mr Australia Class 1 2010
- Inaugural WFF Hall of Fame Australian Legend Award 2010
- 1st NABBA Mr International Class 1 2012
- 1st NABBA Mr Southern Hemisphere Class 1 2012

We are very happy and proud of these two that we sponsor and hopefully in the future we might have a few more athletes.

### Do you cater only towards a certain group of people, e.g. bodybuilders?

No! Even though we have an array of hardcore supplements, we also have a great range of protein powders from Bio-X and also the Barleans range, which is also catered towards athletes that just want to keep fit and work out. The one thing that I am very proud of is that we cater for everyone, regardless of their background in fitness.

### Why do you think Pump Nutrition has been so successful?

Because of the rarity and the fact that some of my products are catered for even the most discerning bodybuilder or athlete. We have the knowledge on knowing what can work. The one thing that I have learnt in this industry is that you never stop learning.

### Tell us about the companies you distribute for.

We cater for both small and big companies; we don't favour one over the other! We listen to what the retailers need and want; we then try to bring those products into the market. It's fairly simple and successful.

### As a former competitive natural bodybuilder yourself, what kind of expertise do you think that brings to your business?

Having used supplements myself for almost 20 years, I think I know what people want out of a supplement, and that is results! There is no point in taking something if it produces zero results.

### Do you have a favourite workout tip to share with readers?

Yes — train as hard as you can and once you have done that, then train a little more!

### Anything else you would like to add?

I want to thank my wife Irene Prantalo, sales rep Ryan Filsell, Nick from Status Imports, who I have a close association with, and my sponsored athletes Dab Sarecki and Kristian Porthill. Behind every successful company is always a group of great people. I have been fortunate and lucky enough to have these great people behind me! 

For more information, visit [www.pumpnutrition.com.au](http://www.pumpnutrition.com.au).



# BUILDING YOUR BEST PHYSIQUE EVER

4 steps to  
awaken the iron  
warrior within

Let me set the scene. You've been hitting the iron for some time now and things just aren't the same as they used to be. You've done volume training, strength, hypertrophy and 1RM's, clean eating, calories and bulking. Don't get me wrong, you still 'love' training — in fact, life wouldn't be the same without the iron — but the ferocious drive you once had to get bigger, leaner and stronger isn't what it used to be. The good news is that the iron warrior that was once inside you is still there. It's just been in hiding. Here are four steps that will help you unleash the beast within, re-ignite the passion you once had for training — and build your best physique ever.

By Karim El Barche • Photography by Noel Daganta



I TOLD MYSELF  
THAT IF I DIDN'T  
LIVE UP TO MY  
POTENTIAL  
NOW, THEN I  
NEVER WOULD.

## STEP 1:

### TELL YOURSELF A BETTER STORY

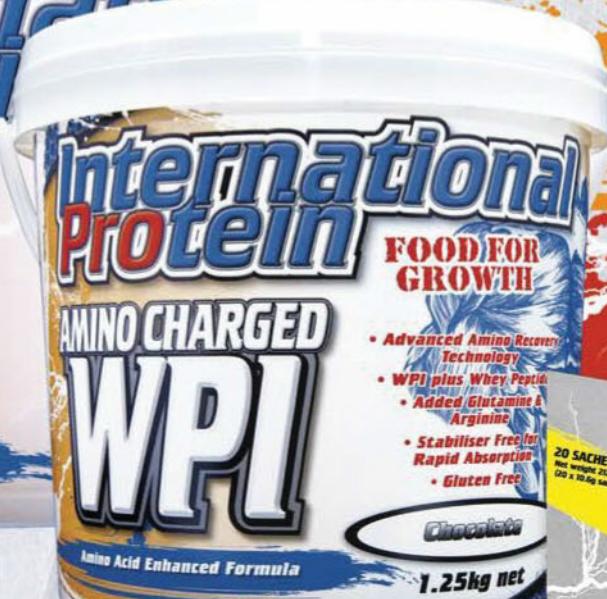
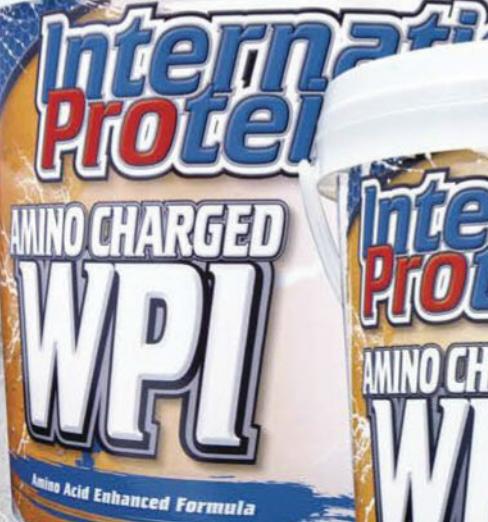
The story you tell yourself determines your results in the gym and in life. I vividly remember a stage in my life where I had been training for a few years and I kind of hit a major plateau. Or at least that's what I was telling myself. I told myself a story about how I was too skinny and that I had already reached my genetic potential. Ridiculous, right? I talked myself into a plateau. However, instead of just accepting this story, I made a decision to change it. For me, that's when everything changed. One night I was up late watching a Greg Plitt video and it was when I first heard him say, "Life isn't about waiting for the storm to pass; life is about learning to dance in the rain. So dance, dance, dance," — and everything shifted for me. I told myself a new story of what was possible and started looking at all the reasons why I *could* get bigger, leaner and stronger. I told myself that if I didn't live up to my potential now, then I never would. So I started to believe in myself more. I felt the weight that had been holding me back lift off my shoulders and, overnight, everything was different. In the six months following, I competed in my first fitness model competition, I put on more muscle than I had my entire lifting career and I got leaner than I'd ever been. Tell yourself a better story filled with the reasons why you *can* do it and, lo and behold, you will do it!

You didn't start your bodybuilding journey just to be average and you sure as hell don't want to end it that way.

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# BUILDING YOUR BEST PHYSIQUE EVER

## STEP 2:

### KNOW WHERE YOU'RE GOING AND WHY

Where your focus goes, energy flows. And if your focus is not on where you want to go, it will automatically be on all the wrong things. It's on the lagging body parts and stubborn belly fat that won't move — and that's a crappy thing to focus on. Just look at Arnold Classic champion and soon-to-be Olympia champion Kai Greene — yep! I called it; one of these years now — who is known to spend hours and hours visualising the body he wants to create. He looks one year, five years, 10 years ahead and pictures what he wants. If you look back at where he was just five years ago, the guy has made amazing progress, unlike anyone else. Without this intense visualisation, I believe he would not have the success he has today.

So, what do you need to improve on? Imagine yourself with your ultimate physique. You know, the warrior physique. That physique you would have if you were a *Dragon Ball Z* character. The superhero version of you. What does it look like? I remember coaching one of our guys at Discovery Health & Fitness for his first competition. Halfway into his transformation, he started to hit a few challenges. He was exhausted from the dieting and working long hours, so he started to doubt himself. In fact, he was practically done. We had a chat about why he wanted to compete in the first place. He told me that for him he felt he had something to prove. He had been told his whole life that he wasn't capable of anything special. He was bullied and made to feel like nothing at school. He wanted to show to himself that he was worth it. He went on to finish his prep and looked phenomenal on stage. If you know what drives you and why, then you're more likely to show up when things get rough.



If you know what drives you and why, then you're more likely to show up when things get rough.



With the right strategy, you will light the fire within even more.

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## STEP 3:

### GET A WORLD-CLASS STRATEGY

A few years of solid lifting and you think you know it all, don't you? You're an expert, so why would you need a strategy? You rely on the fact that if you change a few things up here and there in your workouts, your body should still get the 'shock' it needs to grow. This works to an extent but there is just one flaw: your habits. The problem is that we as bodybuilders develop habits and patterns. In fact, our whole lives are based on habits. Just like our morning rituals of showering, brushing our teeth and having a coffee, we develop unconscious habits in the gym. These 'blind' habits can determine everything you do in the gym: the tempos, sets, reps and exercise selection. This usually doesn't mean good things for your training. It means that, without realising it, most of the time you are just recycling the same movements and motor patterns over and over. You've probably heard it many times before, but if you always do what you've always done, you'll always get the same result.

So what do you need to do to re-ignite the passion and get some serious results again? Actually get a strategy! You can do it on your own or, preferably, speak to an expert and get the shortcuts. If you're going to learn something, you might as well track down someone who has done it before; learn from the best in the world. Then you have a strategy that you know works. With the right strategy, you will light the fire within even more.

Tell yourself a better story filled with the reasons why you *can* do it and, lo and behold, you *will* do it!



# A FEW YEARS OF SOLID LIFTING AND YOU THINK YOU KNOW IT ALL, DON'T YOU?

## STEP 4:

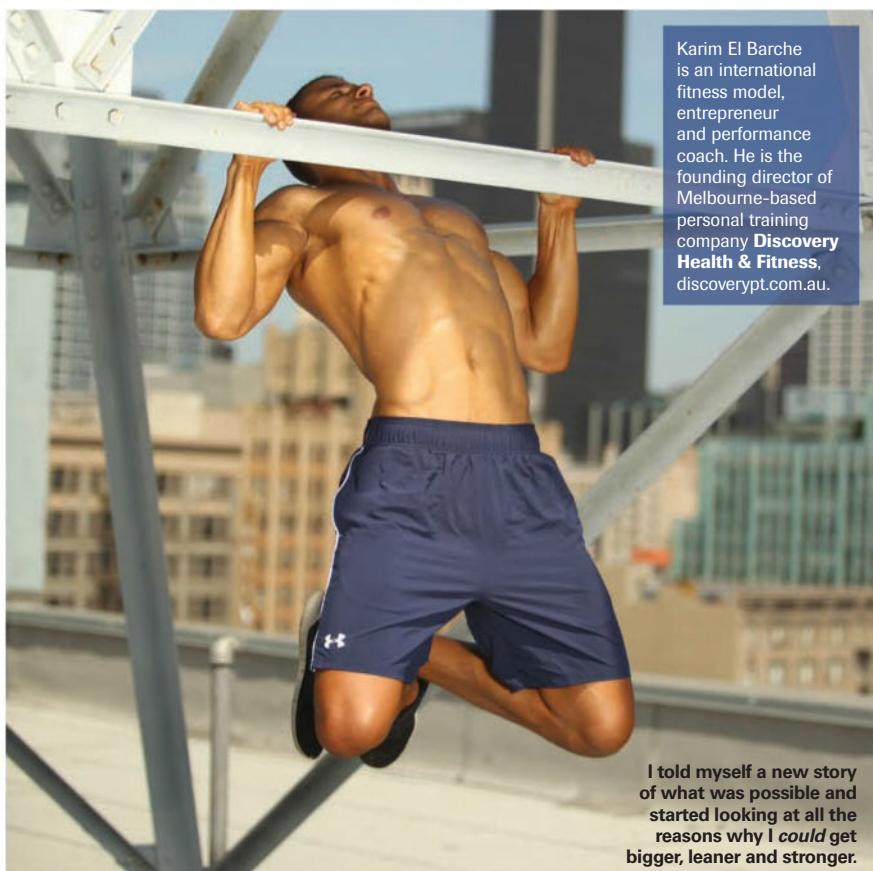
### CONTROL YOUR STATE

Think of a time now when were PBing your bench press. Now try to feel what you felt right before you lifted the weight. What sort of energy and emotional state did you have? You were focused. You were certain. Now just imagine if you summoned that sort of energy into every workout you did. Can you see how you could build your best physique ever? Working with thousands of guys at Discovery Health & Fitness, we usually know what's holding you back from further progress and in most cases it's the energy state you bring to the gym. Most people are just chronically distracted. What once used to be a sanctuary for working out, for some the gym now is a social hub for talking, texting and Facebooking. Others let life's challenges and problems get their energy down in their workouts, which won't get you far either. Just look at big, bad Ronnie Coleman. Most people think back in the day he was just yelling and screaming, but Ronnie was actually getting himself into a peak state by repeating his emotional and physical anchor — "Yep, yep, light weight baby," "Yeah buddy," "Nothing but a peanut." This is what elicited energy, focus and aggression for him. He was able to turn it on and off like a tap. If he was ever in the wrong state with the calibre of weights he used, they would have crushed him to death. Control your state to unleash the warrior within.



If your focus is not on where you want to go, it will automatically be on all the wrong things.

As bodybuilders, we're always striving for perfection. We can be tough on ourselves and beat ourselves up about how we are not where we want to be yet. Yet the idea of perfection is completely false because no one ever achieves it — it's an ideal. Awakening the iron warrior within is all about appreciating the progress you have made up until today. From there you must change the story you tell yourself, choose precise goals and know why you want to achieve them, track down the right strategy for you and bring a Ronnie-like peak state to your training. In the end you've only got one shot to achieve your ultimate physique. You didn't start your bodybuilding journey just to be average and you sure as hell don't want to end it that way. Rolling forward a few years from that day I watched those inspirational words roll off his tongue, Greg Plitt died in a horrific accident as a hero to millions. He died not just as Greg, but as an iron warrior who always gave it everything. If you want to be your best, just realise that you have everything you need inside you right now — it's just a matter of unleashing the iron warrior within. **TM**



Karim El Barche is an international fitness model, entrepreneur and performance coach. He is the founding director of Melbourne-based personal training company **Discovery Health & Fitness**, [discoveryp.com.au](http://discoveryp.com.au).

I told myself a new story of what was possible and started looking at all the reasons why I could get bigger, leaner and stronger.

# Weight Room Wisdom

By Brett Osborn, DO, FAANS, CSCS, & Jay Campbell

Getting older doesn't mean giving up hardcore workouts, but a few changes are in order.



"Now that I'm 40 years old, do I need to stop doing certain exercises or run the risk of getting injured?" This is an often-posed question with a simple answer: "Keep doing the same exercises you were doing when you were 21 years old." The hardcore barbell exercises that you did in your youth are actually exactly what you need. Giving up squats, deadlifts, and presses for a strict regimen of fixed-path machines would only hasten any age-related decline.

That being said, aging trainees should keep a few things in mind: Recovery capacity is lesser than that of a younger individual, and injury potential is higher. This is mostly a function of two critical factors of neuromuscular recovery: poor sleeping patterns and waning endocrine support (decreased synthesis of testosterone and growth hormone). To put it plainly, you don't need to change your workout as you age, but you do need to lengthen the recovery period between training sessions.

---

**You don't need to change your workouts as you age, but you do need to lengthen the recovery period between training sessions.**

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When it comes to exercise selection, stick with compound movements that maximally load the musculoskeletal system: squats, deadlifts, overhead presses, bench presses, and pull-ups. These generate the most robust hormonal response serving to rejuvenate the body, protecting it from injury. Remember, your body is a dynamic, adaptive machine. Impose upon it a properly dosed stress (in this case, the trauma of strength training) at an optimal frequency and the body responds. Strength training is similar to medication in that the proper dosage

Neverux Models: Jonathan Lawson and Steve Holman



Neveux/Modais: Sébastien Siegel

and frequency will generate the desired effect of improved strength and muscularity, improved neuromuscular and cardiovascular efficiency, and augmented bone density. The health-promoting effects of strength training are innumerable and accessible to men and women alike.

### Winning the injury game

An injury can set you back months or even longer depending on its severity. To avoid being relegated to spectating, you must realise that you're not 21 anymore. Is a 405-pound (184 kg) squat a smart goal for an unenhanced 40-plus trainee? Certainly, at age 50, this should not be your goal. Should you attain that 405-pound squat, kudos to you, but poundage should never be your primary focus. Safely performing the prescribed exercises while striving to improve your health are much more appropriate goals for the aging lifter. A preoccupation with the number on the bar is a fast track to the local ER. Instead, shoot for longevity, both in and out of the gym. Twice-weekly strength

training mixed in with endurance-type work and allowing for active rest will suit most individuals, affording them ample recovery time. (Such a protocol is outlined in the pages of our book, *Get Serious, A Neurosurgeon's Guide to Optimal Health and Fitness*.)

### Take a one-week hiatus from training every eight to 12 weeks. Think of it as wisely walking away from a fight.

There are no gender-specific or age-specific exercises. Only the dosage and frequency of said exercises may need modification as years goes by. The trick is learning to decode the signals your body gives you by establishing a sense of 'body mindfulness'. Do you feel overly fatigued in the wake of an exercise session? To the extent you would not

even consider a heavy workout on your next scheduled day? Is your resting heart rate elevated by more than 10 per cent from baseline levels? Is your sleep altered? These are potential signs of overtraining and equate to muscle catabolism and an increased risk of injury. Overtraining symptoms are telling you that you need to back off your intensity. Take a one-week hiatus from training. In fact, this should be done every eight to 12 weeks regardless, because the majority of us are overtraining. Think of it as wisely walking away from a fight. This concept becomes even more paramount as we age.

To more closely elaborate on the original question, you do not need to change your selection of exercises in the context of your chronological age. Simply understand that you are less resilient than your younger self and allow for additional recovery time. It is critical to remain injury-free by exercising caution in this regard. More is not better — that's the attitude of the immature and those who have yet to sustain a serious injury. ■



**BENJAMIN BASIC**

Get an effective workout in with less time in the gym

# FIT FOR BODY BLAST

By Doug Balzarini • Photography by Michael Neveux

Whether you are stuck on a plateau and can't make gains, or just looking to change things up in the weight room, a high-intensity circuit routine might be the solution to getting you back on track.

The phrase 'circuit training' has most of us thinking about overcrowded group exercise rooms with pink dumbbells and aerobic steps. However, incorporating the proper compound exercises into a circuit-training workout can yield strength gains, fat loss, and full-body results. There are a few primary pieces to the 'high-intensity circuit training' puzzle that makes this such an effective option:

### INTENSITY

Above all else, we must have sufficient intensity during this routine. There are rest times purposely incorporated throughout the workout (see page 104) so you know when to work and when to rest. Get off your cell phone and get ready to train.

### EXERCISE SELECTION

This routine focuses on movements more so than muscles. We aren't really isolating muscles group here but rather including full-body lifts. Based on basic foundational 'pillars', this program includes pushing movements, pulling movements, level changes, and locomotion.

### EXERCISE ORDER

Another important variable is the order in which we perform each movement. Looking at the two primary circuits, we begin with our primary strength lift (the squat for group 1 and the press for group 2), and then follow that up with our explosive, or plyometric, movement (jump lunge for group 1, and burpee for group 2). We complete each circuit with an accessory full-body lift. Beginning a circuit with a strength-based lift and performing an explosive movement next is a great way to develop both strength and power at the same time.

Don't be fooled by the simplicity of this routine. Simple does not equal easy. Many times the no-frills approach is the most effective way to go. Perform this workout with proper intensity and purpose, and you are bound to get results.





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# The Workout

The routine that follows includes two circuits that are to be done for six-to-eight minutes each. Once you complete the circuits, you will finish with a series of sprint intervals on a treadmill. You can also use a rower machine, Airdyne bike, battling ropes, or any other conditioning tool. This routine will target the entire body while improving your strength and your cardiovascular system, all while promoting fat loss.

With a five-to 10 minute warm-up, a five-minute cooldown/stretch, and the timed rest breaks throughout the workout, the entire session should take 35 to 45 minutes. Be sure to count how many rounds you complete in groups 1 and 2 so you



can monitor your progress over time. Measurement equals motivation, so be sure to track your rounds, your weights used, and your speed on the treadmill each week.

## DYNAMIC WARM-UP

The dynamic warm-up should be done to elevate your heart rate, prevent injury and prepare your body for the workout. This can include foam rolling, specific mobility drills (focus on areas that are tight or restricted), activation movements (focus on the glutes and core), and basic exercises that increase the heart rate and prepare the body for the workout (jumping jacks, mountain climbers, jump rope, etc.). Follow every workout with some stretching that focuses on any areas that may need a little extra love.

## GROUP 1\* 6-8 MINUTES

1. Dumbbell Front Squat	8 reps
2. Alternating Jump Lunge	16 reps (8 per leg)
3. Dumbbell Renegade Row	8 reps (4 per arm)

## GROUP 2\* 6-8 MINUTES

1. Overhead Press (Barbell or Dumbbell)	8 reps
2. Burpee Pull-Up	8 reps
3. Ab Pike	15 reps

## FINISHER

Treadmill Sprints      8 rounds of 20 seconds on, 40 seconds off  
(Speed should be as fast as possible while maintaining proper form)

\*Groups 1 and 2 are circuit routines, so you'll complete the first movement, move on to the second movement and then the third. Once you complete all three movements, go back and complete the first movement to begin set number 2. Complete as many rounds as possible in six to eight minutes (depending on your time availability). Rest for three-to-four minutes between group 1 and group 2. Rest for three-to-four minutes between group 2 and the finisher.

# Exercises

## GROUP 1

### DUMBBELL FRONT SQUAT

Hold two dumbbells or kettlebells in the 'rack position' (chest height under the chin). Take a slightly wider than shoulder width foot position with your toes pointed out a bit. Upon descent, keep your chest up, abs braced, and push your butt back as you think about 'opening your knees'. Keep your head in a neutral position (eyes looking forward) throughout the movement. Squat down as low as you can without creating excessive lumbar flexion, then return to the starting position by driving your hips through into extension and standing up tall. Keep the weights tight to the body while performing the exercise.



### **ALTERNATING JUMP LUNGE →**

Begin by standing in a split squat or lunge position. Keeping a 'tall' torso, bend your knees and lower your body toward the floor. Next, explode up into the air by jumping straight up with your legs and driving with your arms as well. While in the air, alternate the legs so you land with the other leg now in the front position. Be sure to land on the balls of the feet and under control. Continue this alternating-leg jump pattern for the number of reps listed.

### **DUMBBELL RENEGADE ROW ↓**

Begin in a push-up position with each hand gripping a dumbbell. From this high-plank position, pull one dumbbell up to your side by driving your elbow up, return it to the floor, and then repeat the rowing movement with the other arm. Continue to alternate sides for the required reps. Focus on keeping the core braced, and try to minimise hiking your hips up or shifting them excessively from side to side.



# Exercises

### GROUP 2

#### OVERHEAD PRESS →

Begin by grabbing the bar (or dumbbells) with a slightly wider-than-shoulder-width position. Un-rack the bar and rest it on your front deltoids. Stand in a shoulder-width stance with your toes straight ahead. While keeping your head straight, pack your neck (lean your head back slightly to allow a straight-bar path), engage your core, squeeze your glutes and press the weight straight overhead. At the top of the movement, your arms should be almost straight and your entire body tight. To return to the starting position, slowly lower the load back to the shoulders in that same straight path.

#### BURPEE PULL-UP ↓

Begin by putting both hands on the ground and kicking your feet out behind you to get into a push-up position. Perform one push-up (keep a neutral spine throughout the push-up) and then hop your feet up toward your hands. From this position, stand up and jump while extending your arms overhead. Grab the bar and perform one full pull-up by getting your chin over the bar. Lower yourself back down under control, then release the bar and go right back into another burpee.



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# FULL-BODY BLAST



## AB PIKE ↵

With your feet on a towel (exercise sliders or five-pound plates are options on smooth flooring, like wood or concrete), get in a push-up position with your torso braced and your spine neutral. Initiate the movement by driving your hips (butt) up toward the ceiling without bending your knees. Return back to the starting push-up position and repeat the hip-lift movement for 15 reps. Be sure to keep your legs straight the entire time.



## FINISHER

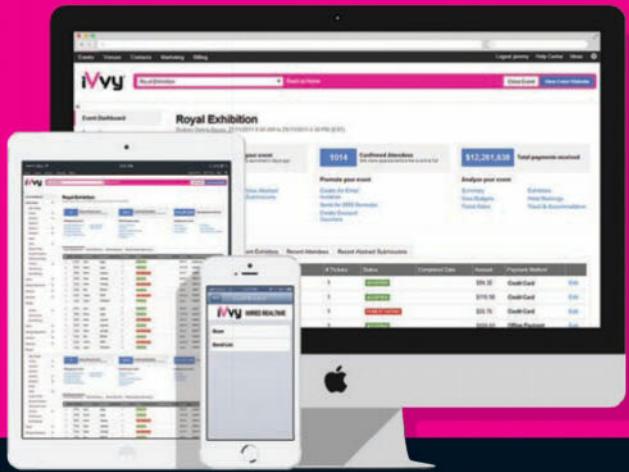
### TREADMILL SPRINTS

When sprinting, be sure to keep a slight forward body lean and do not break at the hips. Drive off the balls of the feet, keep a neutral spine and your eyes fixed a couple feet in front of you. Make sure to pump your arms as well to incorporate your upper body. Work hard for 20 seconds, then grab the rails and hop off and place your feet on the sides of the treadmill. Rest for 40 seconds and then begin the next round. The treadmill will continue to run while you rest. When beginning your subsequent sets, complete the first two or three strides with your hands still holding on to the side rails to ensure adequate balance. 



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# SUPPLEMENT SIDEKICK

LIKE A GOOD WORKOUT PARTNER  
BETA-ALANINE HELPS YOU GET THE  
MOST OUT OF YOUR TRAINING

BY JENEVIEVE ROPER, PhD (ABD), CSCS

# HARDER. FASTER. STRONGER. LONGER.

One of these words has undoubtedly pushed you through a tough workout. Maybe it was when you were dieting down and training with non-existent glycogen stores, leaving you struggling to find the energy to complete your long workouts or fasted cardio. But before you give in to the fatigue that causes you to stop short of reaching your peak, you should know that there is something out there that can help you find the energy to unleash your inner beast.

So what is this secret weapon? It's an amino acid known as beta-alanine. In order to understand why beta-alanine could be your best-kept secret, you have to understand how it works. Beta-alanine happens to be the gatekeeper of carnosine, a pH buffer that the muscles use. As exercise progresses, there is a significant amount of hydrogen ions that are produced by the contracting muscles. These ions are what cause the 'muscle burn' when there is not enough lactate

to consume and neutralise them. This muscle burn or build-up of hydrogen ions make the muscles and blood highly acidic, which interferes with phosphocreatine resynthesis and inhibits glycolysis. During high-intensity exercise, these two metabolic processes are the main source of energy. Therefore, if they are negatively affected in any way, it will result in reduced force production and increased fatigue.

This is why carnosine is such a key asset. It will reduce the acidosis

## SUPERSETTING SUPPLEMENTS

Creatine and beta-alanine appear to have an affinity for one another. In a study published in the *International Journal of Sport Nutrition and Exercise Metabolism*, scientists gave trained men a placebo, creatine by itself, or creatine with beta-alanine. At the end of 10 weeks, subjects who took creatine with beta-alanine had significantly greater strength improvements and also enjoyed greater changes in lean body mass and body fat percentage compared to those who took only creatine.

CREATINE



BETA-ALANINE





and thereby delay the onset of fatigue. Its concentrations are much higher in fast-twitch muscles, which usually experience the greatest amount of acidosis. Normally, carnosine is only about seven to 10 per cent of the muscle's buffer capacity; however, in elite athletes and bodybuilders, it appears to be much higher.

Increasing carnosine concentrations within muscle should lead to an advantage, as you are able to postpone fatigue and train harder for longer; however, research has shown that trying to increase carnosine levels through carnosine supplementation yields no results. Enter beta-alanine. Since beta-alanine is the gatekeeper for carnosine synthesis, is it possible to supplement with beta-alanine, which will then lead to increased muscle carnosine levels and thus delay fatigue?

The answer appears to be yes. In fact, it has been shown that four to 10 weeks of beta-alanine supplementation leads to a 60 to 80 per cent increase in muscle carnosine levels. This increase appears to be dependent on the dose you take. It was also demonstrated that when beta-alanine supplementation stopped, there was a linear decline in muscle carnosine levels of two per cent per week.

Specifically, beta-alanine supplementation leads to improved exercise endurance, increased torque (rotary force), increased lean body mass, increased training volume and increased muscular endurance. This means you get to those last few reps with a little more strength, and maybe even get that extra set you've been saving for later leading to greater strength and power gains. But there does appear to be a time and fitness effect. Beta-alanine supplementation delivers a performance boost on exercise that lasts between 60 and 240 seconds, with smaller effects seen for exercise longer than 240 seconds and shorter than 30 seconds. So that's good news for those of you boasting in the gym and putting the weights on blast. It appears that's where beta-alanine supplementation is going to have the most benefit; although, it is not going to benefit long endurance training the way it does with weightlifting.

Neveux / Model: Benjamin Basic

## PINS AND NEEDLES

The only noted side effect of beta-alanine is paresthesia, a tingling or prickling sensation that can be acute or chronic. It's similar to the 'pins and needles' feeling when a body part falls asleep. It is not dangerous or injurious, but it can be quite annoying.

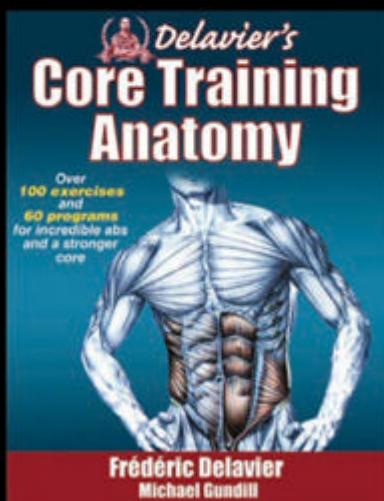
Not all people are susceptible to this. Therefore, if you find you are sensitive to beta-alanine, it's recommended that you lower the dose. Instead of four grams a day, it's best to consume 1.6 grams a day or less. It may take longer to see adaptations, but you won't have to deal with the odd sensation of walking on pins and needles.



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## FIT FACT

An artificial sweetener called suosan is derived from beta-alanine.

Also, trained individuals are going to experience a more pronounced effect compared to untrained people. This may explain why elite athletes and bodybuilders have higher muscle carnosine levels as adaptation occurs with training. But don't worry, if you're just getting started, keep going. Those carnosine levels will slowly build up and pay off during those intense workouts.

So how much should you take? Well, we already know that there is a dose-response relationship between beta-alanine supplementation and muscle carnosine levels. Essentially, the more beta-alanine you take, the greater the amount of muscle carnosine. Nevertheless, it's recommended that about four grams a day of beta-alanine be taken to see an ergogenic effect but not more than about eight grams a day.

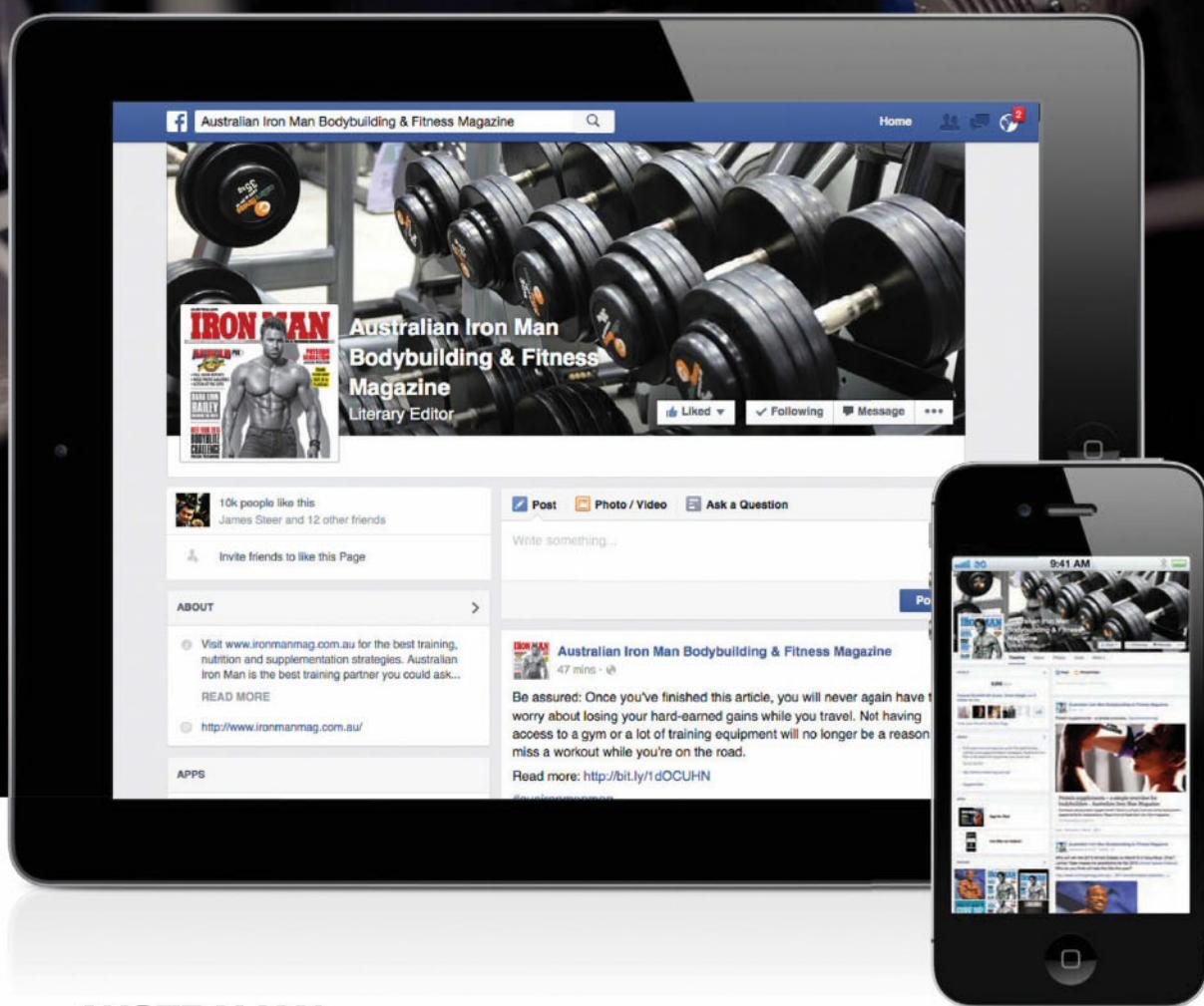
Unlike BCAAs, beta-alanine is not something that works best when ingested during fasted cardio. It was determined that beta-alanine supplementation increased muscle carnosine levels more when ingested with a meal compared to between meals. It is believed that insulin plays a role in muscle carnosine loading. So ingesting beta-alanine with your high-glycemic meals is the best way to absorb it.

Take note: Acute supplementation (such as a single dose) has no effect on exercise performance and fatigue. Chronic supplementation of at least four weeks seems to be the threshold, although some individuals may feel an effect sooner, while it may take longer in others. After four weeks, it is advised to maintain elevated muscle carnosine levels with a maintenance dose of about 1.2 grams of beta-alanine per day after the four-week loading period. Muscle carnosine levels decrease relatively quickly, so this maintenance dose is crucial for prolonged success.

As you can see, beta-alanine is one supplement that you should keep in your tool belt, especially as you begin to reduce carbohydrate intake and potentially train with depleted glycogen stores. Numerous studies have proven that it is effective at increasing athletic performance in healthy athletes by helping you get more out of your training. And with few noted side effects, it's something that will give you the edge to beat out your best competition, whether that is someone on the stage or the person you see in the mirror. 



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AusIronManMag



# REAR

## THE HYBRID BACK AND SHOULDER WORKOUT

By Mike Raso  
Photography by Jamie Watling  
Model: Collin Joseph

In today's world, optimising our time is vital. Time is our most precious resource — you can't buy it back, you won't get a refund and you can't press the restart button. The gym does not have to be a major commitment of your day; one hour of your day equates to four per cent of your daily time. The idea behind this workout is to optimise that four per cent the best you can.

**T**his workout will focus in on performing two body part movements; one major — the back and one secondary — the deltoids. The workout will also incorporate a high intensity cardio session at the end, focusing on increasing your metabolic rate. The focus is to create a greater caloric expenditure through shortened rest periods and supersets.

The idea behind joining back and shoulders into one routine is to

# VISION

combine focus with the back muscles and the posterior deltoids. Strong posterior deltoids help contribute to that '3D' shoulder effect. The majority of the time we actually overtrain our anterior (front) deltoids through press movements when performing chest workouts and then additional raises on shoulder workouts. The idea when training shoulders is to create a wider frame, which comes through medial (middle) deltoid growth. To key in on the medial deltoid, you want to focus

on pressing movements such as the shoulder press, which is featured in the workout. The emphasis then shifts to the posterior (rear) deltoids, which include pulling movements, such as barbell rows. This ties in perfectly with training back because the posterior deltoids are being secondarily engaged through additional back exercises.

We often neglect the back muscles due to the fact that society has created this image that the ideal physique must have a strong chest,

## REAR VISION

ripped arms and chiselled abs. We use our back muscles throughout the entire day; whether we are lifting, walking around or sitting at work, our back is in constant engagement. Having a strong back will not only make your daily life much easier going, you will find you have less back issues with day-to-day movements. Neglecting to train your back can lead to injury and back problems down the road. Sitting around too much throughout the day can also lead to bad posture and contribute to back problems. So get off the couch and improve your rear view!

WE USE OUR BACK MUSCLE THROUGHOUT THE ENTIRE DAY, WHETHER WE ARE LIFTING, WALKING AROUND OR SITTING AT WORK.

## WORKOUT ROUTINE

The tempo of this workout will be two seconds concentric contraction (raise the weight), three seconds eccentric contraction (lowering the weight) and zero seconds for stretch and contracted position (bottom and top of the movement).



**NO. 1**

## DEADLIFT, 5 sets x 5 reps

The deadlift is vital to any back and strength workout. Deadlifts require your entire body to engage throughout the movement. This is one of the main compound movements and a great way to slash calories while building a strong foundation on the back.

**EXECUTION:** Place your feet inside shoulder width with your hands on the outside of your legs. Focus on keeping a neutral spine throughout the movement and keep your core tight. Contract at the top of the movement.

**EXPERT TIP**

You can use a variation of grips. One overhand and one underhand grip can be beneficial when building up your raw deadlift.

**NO. 2**

## REVERSE GRIP BARBELL ROW, 4 sets x 12/10/8/8

reps, increasing weight each set

This reverse grip barbell row will help build your midback, as well as your lats, which you want for width and thickness. Make sure to engage your core during the barbell row to help with your stability.



**EXECUTION:** Bend over with back arched, place feet shoulder-width apart with your hands outside of your legs. Pull the barbell towards the lower abdominals/belly button area while holding and squeezing at the top of the movement.

**NO. 3**

## DUMBBELL ROW, 4 sets x 10 reps

With the dumbbell row, you work each side of your body separately, allowing you to really isolate your lats and midback. In addition, the rowing movements also engage the shoulders.

**EXECUTION:** Bend over with your back straight and your opposite knee and hand on a bench for support. Row the dumbbell up beside the chest and contract at the top of the movement. Slowly proceed to release dumbbell back to the starting point.

### EXPERT TIP

When performing this exercise, think of the movement of starting up a lawnmower.



**NO. 4**

## SEATED SHOULDER PRESS, 5 sets x 5 reps

While the shoulder press hits all three heads of the deltoids, the main focus is the medial deltoids (side delt). This exercise will also help create more shoulder width.

**EXECUTION:** To begin, sit on the edge of a bench, resting the dumbbells on your thighs. Raise the dumbbells to shoulder height, wrists out, and press straight up. Squeeze at the top of the movement and return to the starting position.

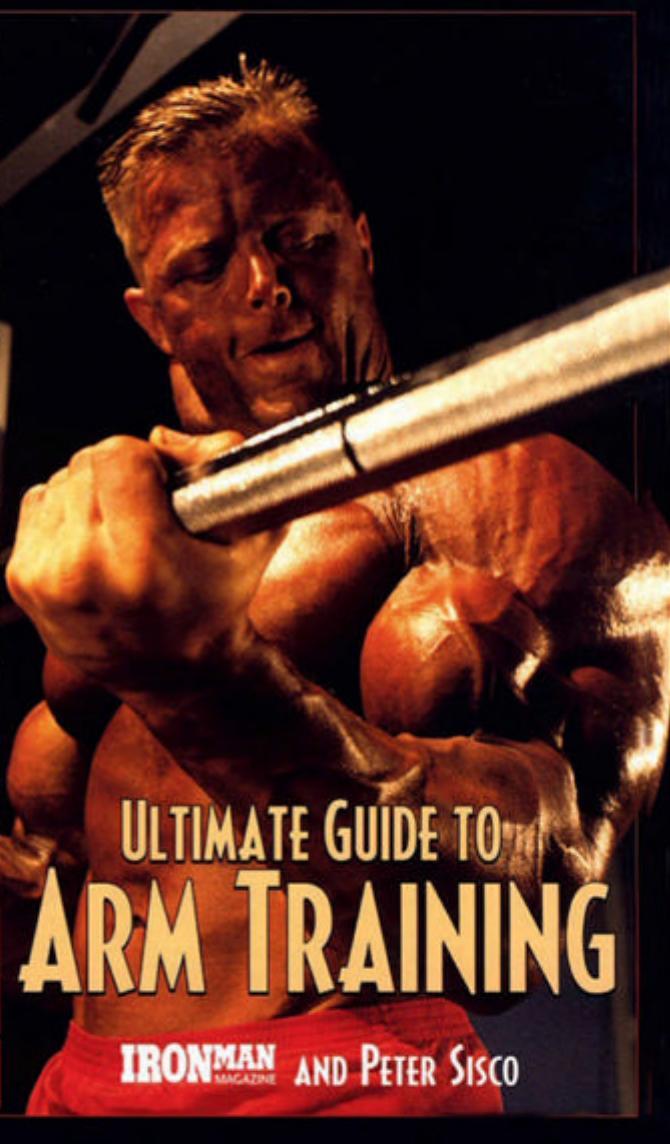
### EXPERT TIP

Do not, I repeat do not, allow the dumbbells to touch at the top of the movement. The simple touching of the dumbbells will release the tension you are trying to put on your deltoids.

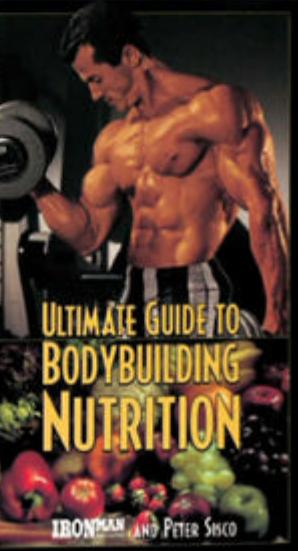


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**NO. 5**

### SEATED LATERAL RAISE, 6 sets x 20 reps

Continuing to work on shoulder width, now you are going to completely burn out those medial deltoids.

**EXECUTION:** Seated with a straight back, raise the dumbbells from the sides of your body out and up while keeping a slight bend in the elbows. Try to aim to have the dumbbells up at ear level, hold and release; your palms should be facing downwards at this point.

**EXPERT TIP**  
Hold at top of the movement for three-to-five seconds and really try to focus on the mind-muscle connection.



**NO. 6**

### SEATED REVERSE DUMBBELL FLYES, 6 sets x 20 reps

Focus now shifts to posterior deltoids (rear delts) since the front muscles are supported by the rear muscles. In order to have overall strong deltoids, you must not neglect the posterior.

**EXECUTION:** Seated with your chest down towards your knees, contract the dumbbells in a reverse flye movement. Focus on contracting and squeezing the dumbbells at the top.

**EXPERT TIP**  
Simulate a mind-muscle connection when performing this exercise — imagine there is a golf ball on your back and you are using your rear delts to squeeze it.



## THE HYBRID BACK AND SHOULDERS WORKOUT

EXERCISES	SETS	REPS
Deadlift	4	5
Reverse Grip Barbell Row	4	12/10/8/8
Dumbbell Row	4	10
Seated Shoulder Press	5	5
Seated Lateral Raise	6	20
Seated Reverse Dumbbell Flyes	4	12
Rear Delt Flye with Weight Plates	3	15
Squats	10	10



SCAN FOR  
EXTRA  
EXERCISE TO  
ADD TO THIS  
ROUTINE.





**NO. 7**

## REAR DELT FLYE WITH WEIGHT PLATES, 4 sets x 12 reps

An optional alternative to the reverse dumbbell flies, this exercise allows you to hit the rear deltoids from a slightly different angle.

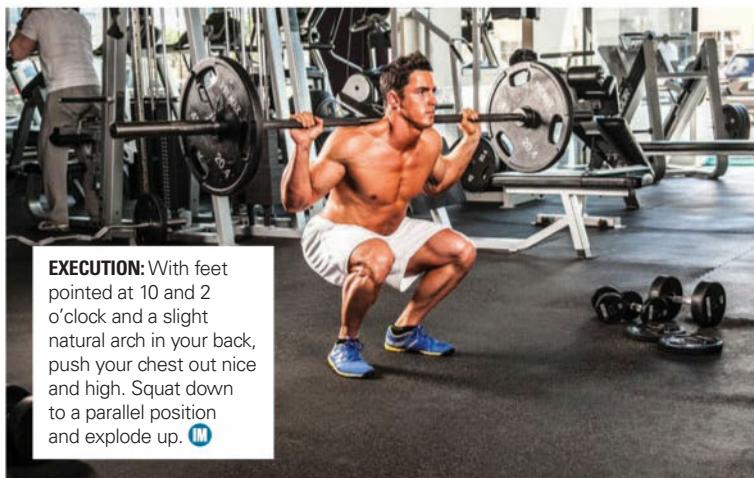


**EXECUTION:** Seated with a straight back, use the weights in a reverse flye motion, again focusing on contracting the posterior deltoids.

**NO. 8**

## CONDITIONING WORK: SQUAT, 10 Sets x 10 Reps with 30-45 seconds rest period.

Instead of jumping on a cardio machine or hitting the track, get your high-intensity interval training (HIIT) with weights. The idea is to use a moderate weight and minimise rest period time. Squats are the perfect exercise for this because they force the entire body to work throughout the movement.



**EXECUTION:** With feet pointed at 10 and 2 o'clock and a slight natural arch in your back, push your chest out nice and high. Squat down to a parallel position and explode up. 



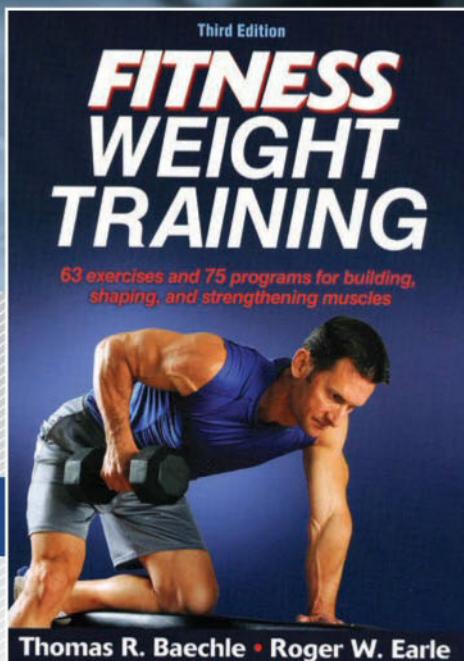
### EXPERT TIP

This exercise is not easy, especially at the end of your routine. Start off with 45 seconds rest between sets and continuously work your way down to 30 seconds.

Mike Raso is an Ontario, Canada-based nutrition, comp prep and strength and conditioning coach, as well as an internationally published fitness model. Find out more at [www.mikeraso.com](http://www.mikeraso.com).

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# Muscle Movie News

By Clint Morris



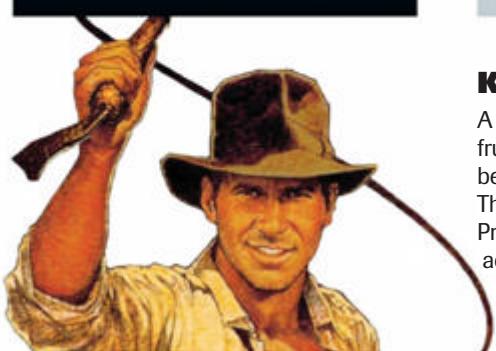
## **T5 POSTER-PALOOZA**

A number of new posters for the highly anticipated *Terminator: Genisys* have been released. The movie, starring Arnold Schwarzenegger (as both the 2015 and 1984 incarnations of the Terminator), releases in July.



## MAX ON HOLIDAY

After the enormously positive critical and commercial reaction to *Mad Max: Fury Road*, Warner Bros will be determined to get another *Mad Max* out of Aussie George Miller — and as soon as possible. But according to the filmmaker, who struggled for over a decade to get *Fury Road* made, he's not yet discussing a fifth chapter in the series. Miller said he's not ready to think about Max's next jaunt yet. "Being asked that question feels to me like being a woman who's just given birth to a really big baby. And then someone asks you, 'When are you having your next baby?' We only finished 12 days ago. I'm just not recovered enough to get into it... If we get the appetite again to go back out into the wasteland, there's other films we want to do. That's the answer I can give this moment, now: I've just come out of labour." Initially, Miller planned to do another *Mad Max* film immediately after *Fury Road* but *Furiosa* — which would've told the backstory of Charlize Theron's character — would've been an animated film. Hey, it worked for him on *Happy Feet*!



## IF THIS IDEA DIES, IT DIES

A second *Rocky* spin-off may be in the works, following this year's upcoming *Creed*.

*Drago* will centre on the Russian boxer played by Dolph Lundgren in *Rocky IV*, and follow his plight and punch-ups inside prison. Screenwriter Andrew LeMay is trying to get clearance from the copyright brass — presumably MGM and Sylvester Stallone — so it can push on. The film, should it get any further, would also bring back to the screen Mason 'The Line' Dixon, who Rocky fought in *Rocky Balboa*. The logline for this one? To save his mafia boss brother, Ivan Drago must fight his way through prison and defeat the heavyweight champion of the world, Mason 'The Line' Dixon.



## LUNA ECLIPSES STAR WARS CAST



Diego Luna, best known for his work in crossover arthouse gem *Y Tu Mama Tambien*, is headed to the Cantina for a boiling hot cup of box-office success.

Luna's set to join Felicity Jones, Riz Ahmed and Aussie Ben Mendelsohn in director Gareth Edward's *Star Wars Anthology: Rogue One*. Luna got a taste of space life last year with a role in Neil Blomkamp's *Elysium*.

*Rogue One* will be a prequel to 1977's *Star Wars: A New Hope* and fixes on a group of rebel fighters who hatch a plan to steal the plans to Darth Vader's Death Star. Jones (rumoured to be playing a young Princess Leia), Ahmed and Luna are the orange-attired rebels, with Mendelsohn playing the movie's villain (no, not Darth Vader — well, I assume not?!). *Rogue One* hits theatres in late 2016.

## KEEPING UP WITH THE JONESES

A new *Indiana Jones* movie will come to fruition but it's too early to suggest who'll be wearing the character's trademark. That means rumoured pick Chris Pratt hasn't been fitted for dusty head accessories just yet.

"[A new *Indiana Jones*] will one day be made inside this company," Lucasfilm president Kathleen Kennedy

told *Vanity Fair*. "When it will happen, I'm not quite sure. We haven't started working on a script yet, but we are talking about it."

Recent rumors suggested man-of-the-moment Pratt was set to take over for Harrison Ford as the adventurous archaeologist, but clearly they're just that — rumours.

## SAYONARA WOLVERINE

Appearing on *The Dr. Oz Show* recently, *X-Men* star Hugh Jackman announced that the next Wolverine film will be his last.

"It is my last time," the Aussie actor said. "It just felt like it was the right time to do it. And let's be honest, 17 years. I never thought in a million years it would last, so I'm so grateful to the fans for the opportunity of playing it. I kind of have in my head what we're going to do in this last one. It just feels like this is the perfect way to go out."

Jackman's likely not the only original *X-Men* teamster looking to retire from the franchise, with

rumours that *X-Men: Apocalypse* — which Jackman may cameo in — will be the final film for all of Bryan Singer's original troupe. Expect a new younger, more sprightly actor to reprise Jackman's trademark role in a couple of years.

*Wolverine 3* will be released in 2017.



## MOMOA HORSING AROUND

Jason Momoa (*Game of Thrones*' Khal Drogo) could be the next addition to MGM's *The Magnificent Seven* remake. Momoa is in negotiations for a role in the film opposite attached stars Denzel Washington, Chris Pratt, Ethan Hawke, Vincent D'Onofrio, Wagner Moura and Haley Bennett. Antoine Fuqua is directing the remake from John Lee Hancock and Nic Pizzolatto's script about a woman (Bennett) who hires a disparate group of gunslingers to protect her town from rampaging bandits. Momoa will also soon be seen as Aquaman in the forthcoming *Batman v Superman: Dawn of Justice*.



## SUPERHEROES APLENTY

The US CW network has officially greenlit a spin-off of *The Flash* and *Arrow*, with plans for it to debut early 2016. DC's *Legends of Tomorrow* will team characters from both shows, including Wentworth Miller's Captain Cold and Brandon Routh's Ray Palmer. The show will also star Dominic Purcell as Mick Rory/Heat Wave, Ciara Renee as Kendra/Hawkgirl, Victor Garber as Professor Martin Stein, Arthur Darvill as Rip Hunter and Caity Lotz as White Canary. How does White Canary come to be when the woman wearing her guise seemingly died on *Arrow*? Guess we'll find out! (Maybe the new Ra's Al Ghul on *Arrow* brings her back?)



## AT THE CINEMA

### **MAD MAX: FURY ROAD** (Warner Bros)

At 70, Queensland's own George Miller is back with a vengeance with a Max reboot/sequel that sees Max joining some fellow rebel renegades on the road to peaceful living, trying to escape thugs along the way. It looks amazing, has brilliantly choreographed action, a fast, fun and very pacey plot, and some of the most amazing screen rogues since, well, *Mad Max II: The Road Warrior*. It's a near perfect package!

Saying Tom Hardy is the weakest element of the new *Mad Max* movie is a proclamation about as unserviceable and void as a kid whining about someone taking a lick of his or her delicious icy pole before they could take a bite. Sure, disappointing, but compared to how great the film

surrounding him is...it's really a negated whine.

In saying that, there's nothing wrong with Hardy's performance — he definitely does the trick — but with the accent all over the place, and a lack

of personality and intrigue injected into the character (made famous by Mel Gibson in the original three films), you do notice his silver effort when its plonked alongside the rest of *Fury Road*'s gold.



### **SAN ANDREAS** (Warner Bros)

We hadn't had a chance to check this out before going to print but we can only imagine it's...most of the scenes in the trailer playing on enough of a loop that it adds up to 90 minutes of film. In all seriousness, no, this does look fun — especially if you're a fan of those 'look at everything crack, explode and crash' disaster movies. And you usually can't go wrong with Dwayne 'The Rock' Johnson either. In this one, he's out to save his daughter — and, er, the rest of California — from a catastrophic earthquake that rips the US state a new one.

The movie was filmed in Queensland, so if even the movie starts to outstay its welcome, you'll always be able to play 'spot the Aussie actor' instead.



### **SPY** (Fox)

Action star Jason Statham takes the mickey out of himself in this splendid spoof of everything James Bond. Comedienne of the moment Melissa McCarthy plays Susan Cooper, a CIA agent who is stuck behind her desk while Jude Law's Bradley Fine and Jason Statham's Richard Ford are out in the field. But when (spoiler) Fine is killed on mission and his target, Rayna Boyanov (Rose Byrne), declares she knows the identities of all the CIA's top agents, it's time for Susan to don the disguise and go undercover in the field.

But the laughs ensue long before Susan gets her shot in the limelight. From the amusing opening credits to the final ridiculous helicopter fight scene, this film spoofs the spy/thriller/action genre brilliantly. The movie strikes the perfect balance between action and comedy, merging the two genres effortlessly.



# IM AT THE MOVIES

## AT THE DVD STORE

### THE LOFT (Madman Entertainment)

Karl Urban, James Marsden, Wentworth Miller, Eric Stonestreet, and Matthias Schoenaerts play five men who decide to share the rent on a swanky apartment in the city. In it, they'll carry on extramarital affairs, party until the wee hours and get up to any and all sorts of mischief — and their better halves won't be any the wiser. But then someone has to go and wrong the revelry for everyone else. When a dead body turns up, and it's soon discovered one of the five guys is the killer, the group gets paranoid as each one suspects another. Distrust runs rampant in this suspenseful and well-performed thriller.



### KIDNAPPING MR. HEINEKEN (Paramount)

Sam Worthington, Ryan Kwanten and Jim Sturgess help make up a small-town criminal outfit that decide to kidnap one of the biggest businessmen in Amsterdam — Freddy Heineken (Anthony Hopkins), head of the cash-heavy Heineken beer empire. The sloppy kidnappers hold Heineken and his driver hostage in a makeshift cell while they try to convince the authorities to hand over a grand lot of loot in exchange for the tycoon's safe return. As is usually the case in these circumstances, nothing goes to plan — but you'll be surprised just how far the dim thieves get. Based on a true story (from the early '80s), the film plays somewhat like an edgier *Horrible Bosses* and, though entertaining, is about as memorable as the former.



### SEVENTH SON (Universal Sony)

Is it just me or does winning an Academy Award almost guarantee the recipient's career will be in shambles a year or so later? The once-reliable Jeff Bridges (a winner for *Crazy Heart* a couple of years ago) follows up *The Giver* (no, we never bothered with it either) with this silly, utterly unexciting fantasy piece about a malevolent witch (Julianne Moore) who seeks out the supernatural warrior (Bridges) who defeated her years before.

This one is based on a series of books, so one can only assume that something's gone wrong in the story's transition to the film stage. Time for that *Big Lebowski* sequel me thinks, Jeff. (*Why harp on Jeff? Julianne Moore won the Oscar this year! — Ed*)



## AMERICAN HEIST (Reel DVD)

Seems Hayden Christensen survived the battering he got when he trekked to that galaxy far, far away and aided in the calamitous demolition of a once-promising *Star Wars* prequel trilogy (*When was it promising, Clint? — Ed*). Here, the artist formerly known as 'the plank of wood pretending to imitate Anakin Skywalker' plays a young criminal who attempts to get on the straight and narrow while his brother (Adrien Brody) serves time for a crime they both participated in. Now the brother is on parole and back on the streets with no money and no place to go. He turns to his crooked connections and convinces his rehabilitated brother to join him in hopes that one last job will be the solution to change both their lives. Nothing special here, but it's entertaining — can you say the same of *Attack of the Clones*? (*Dude, it was 13 years ago — give the guy a break! — Ed*)



## POUND OF FLESH (Eagle Entertainment)

Not to be confused with a movie Ron Jeremy might've made back in the Reagan-era, Jean-Claude Van Damme's latest sees the middle-aged martial artist play an angry cat on the trail of a group of organ thieves who stole his kidney before he could donate it to his sick niece. Though fun, this *Crank*-style actioner

definitely could've taken more cues from the Jason Statham flick by playing up the ridiculousness a tad more. The movie is dedicated to the late Darren Shahlavi, who plays the chief rogue, and whose fights with Van Damme in the film are undoubtedly *Pound of Flesh*'s best moments.



## THE FOLLOWING: SEASON 2 (Roadshow)

The Kevin Bacon-starring serial killer series returns for a second season. FBI agent Ryan Hardy (Bacon) and his niece, NYPD detective Max Hardy (Jessica Stroup), are again on the case to find killer Joe Carroll (James Purefoy) after it's revealed the madman faked his death. As Joe rounds up a new group of sadistic losers to help support his cause, Hardy starts to pick up a new scent. There's quite a few good twists this season, including the shocking revelation of a surprise villain. [following.jpg](http://following.jpg)

## BURYING THE EX

(Pinnacle Films)

Gremlins director Joe Dante returns to the horror-comedy arena with this silly, splatastic comedy about a young man who just can't seem to shake his obsessive zombie girlfriend.

Anton Yelchin plays Max, a young man who works in a horror movie collectibles shop, who decides it's time to break up with his overbearing girlfriend (Ashley Greene). But before Max can call it quits with the kooky Evelyn, she's hit and killed by a truck. After a short mourning period, Max finds love with Olivia (Alexandra Daddario) just as his dead girlfriend is emerging from her grave to reclaim her man.

A homage to some of the classic B-movies of yesteryear, with a refreshing dose of topicality thrown in for good measure, this is one definitely worth catching. 

# Mastering Metabolism

By Ingrid Barclay

A lot of people are confused about how your metabolism affects your ability to lose fat and build muscle. This month, Ingrid answers questions that relate to taking charge of your metabolic systems in order to achieve your physique goals.

**Q: Would I be best to lose my body fat first and then start weight training to muscle up?**

**A:** This is a really outdated way of thinking. If you diet without weight training, you are going to lose muscle. If you lose muscle, your resting metabolic rate will decrease. If your resting metabolic rate decreases, you burn fewer calories. If you burn fewer calories, you lose less fat and eventually plateau. It would be good for you to read my answers to the next question below to help you further!

**Q: I seem to find it hard to gain muscle and difficult to lose body fat. I understand that my metabolism has a lot to do with this and I am just wondering if you could elaborate on some of what you know about it and what I can do to improve my metabolic rate. I have upped my activity level substantially and cut my daily calories down a lot too. But not much is changing. I need to work out what the best type of eating is for me. There's so much nutritional information on the internet that I keep going round in circles. Any guidance would be greatly appreciated.**

**A:** Metabolism is a term that refers to the breaking down of substances in the body, which is catabolism, and the building of substances in the body, which is anabolism. It also refers to the entire process of substances coming into the body, being converted to particular compounds, and the rate at which they are utilised. This rate is primarily controlled by hormones.

Metabolism (I believe) is not something we 'fix'. You can measure certain aspects of it, yet metabolism itself is measureless. We do know for certain that some things stop it from functioning in an optimal manner. We do know ethnicity, age, gender and body weight history (number of diets



you have been on) all contribute to metabolic health.

Breakfast is a very, very powerful trigger that can shift you into fat-storing or fat-burning mode. You should ensure you are consuming a metabolically precise breakfast each and every day. Although, while on the topic of metabolically precise meals, you should in fact be consuming these all day at a frequency that suits you and your lifestyle: normally anything from five to eight meals. In case you have forgotten my article on metabolically precise meals, these are meals that contain a lean source of protein, plant food and a good, healthy omega-3 fat in each meal you make. Your complex carbohydrate sources are usually consumed around training time and

possibly an anchor meal for when you are focused more on building muscle as opposed to burning body fat.

With every passing year, we as adults lose the capacity to build lean muscle tissue. Unfortunately, it becomes harder and harder for us. This underlines a host of unrelated illnesses including unwanted accumulation of body fat stores, type-2 diabetes and heart disease. This is why it is imperative that as adults we weight train. The length of time that you have included resistance training as part of your lifestyle and your daily routine is really important. Being an 'old-timer' weight trainee really does pay dividends!

There are some lesser-known contributors. Firstly, and most



It's an outdated way  
of thinking to believe  
you need to lose fat  
and build muscle in  
separate phases.

Never

importantly, we have good old omega 3s. A high ratio of omega 3s is paramount for down-regulating inflammation. This will in turn optimise your ability to burn fat (this is why omega 3s are an important component of a metabolically precise meal). Where you store your body fat is also important. How much fat and where you carry it affects your endocrine function and metabolism.

Sleep quality has a profound effect on appetite regulation and carbohydrate metabolism; hence I have written many times on the importance of sleep and rest/recovery. It really is THAT important.

And then we have what's known as metabolic blockers. These include but are not limited to drugs, medications, stress levels, alcohol consumption and smoking. The more of these included in your life, the harder it will be for you

**With every passing year, we as adults lose the capacity to build lean muscle tissue. This is why it is imperative that we weight train as we age.**

to have a lean, fit, healthy and happy body.

What's really cool and what I love about the sport of bodybuilding (and fitness) is that you can change how you 'do' life at any moment and in doing so you can dramatically change (read *improve*) your biology.

So I hope this gives you some things to consider that's going on — or not going on — in your chemical world so that you can make the appropriate changes to get your metabolic rate firing on all cylinders.

Further to this information on metabolism, always keep in mind that your metabolism is reactive and adaptive; it doesn't stay the same day in, day out. This is why mathematics and

**If you diet without weight training you are going to lose muscle.**

following a calorie in/calorie out formula fails so many people. We all have a unique metabolic expression, unique psychology and unique personal preferences. So when you say you need to work out which type of eating is 'best' for you, my advice is not to be on Team Paleo or Team Vegan or Team Low-carb... Be on Team You.

If you are on Team You, this means you don't 'find' a diet.

Your best course of action is to *create* your diet. And this requires, like anything else worth conquering and understanding, *time*. It's really worth your while playing detective when trying to work out what works for you and what doesn't instead of trying to follow a blueprint that hasn't factored much of your lifestyle into consideration. And you work your way towards mastery. As Bruce Lee said, "Use what is useful, discard what is not and add what is uniquely yours."



**Your best course of action is to create your diet. And this requires, like anything else worth conquering and understanding, *time*.**

How do you know if your plan is working for you? By three indicators:

1. If your hunger, energy and cravings (HEC) are in check and you aren't being ruled by them, this is your key indicator that the lifestyle is working for you. This is referred to as the HEC acronym that I learnt from Dr Jade Teta.
2. If your body composition is improving, this is your second indicator. So, are you gaining more muscle, and losing (or maintaining) body fat?
3. When you get your bloods done, are your health markers improving? If so, you are winning!

As for the exercise more/eat less

Metabolic blockers include drugs, medications, stress levels, alcohol consumption and smoking.



approach that you are taking...this has failed and failed and failed in the past. Really, there are much better approaches or 'models' to choose from. Firstly, the eat less/exercise less model. And then the exercise more/eat more model that most people tend to gravitate to (especially *Iron Man* readers) because this is the 'athletic' model. Look at nearly all sportsmen — hockey players, basketballers, footy players — they all eat up. They don't

monitor their calories and ensure being in a calorie deprivation mode. They use good-quality nutrition as fuel to ensure prime performance.

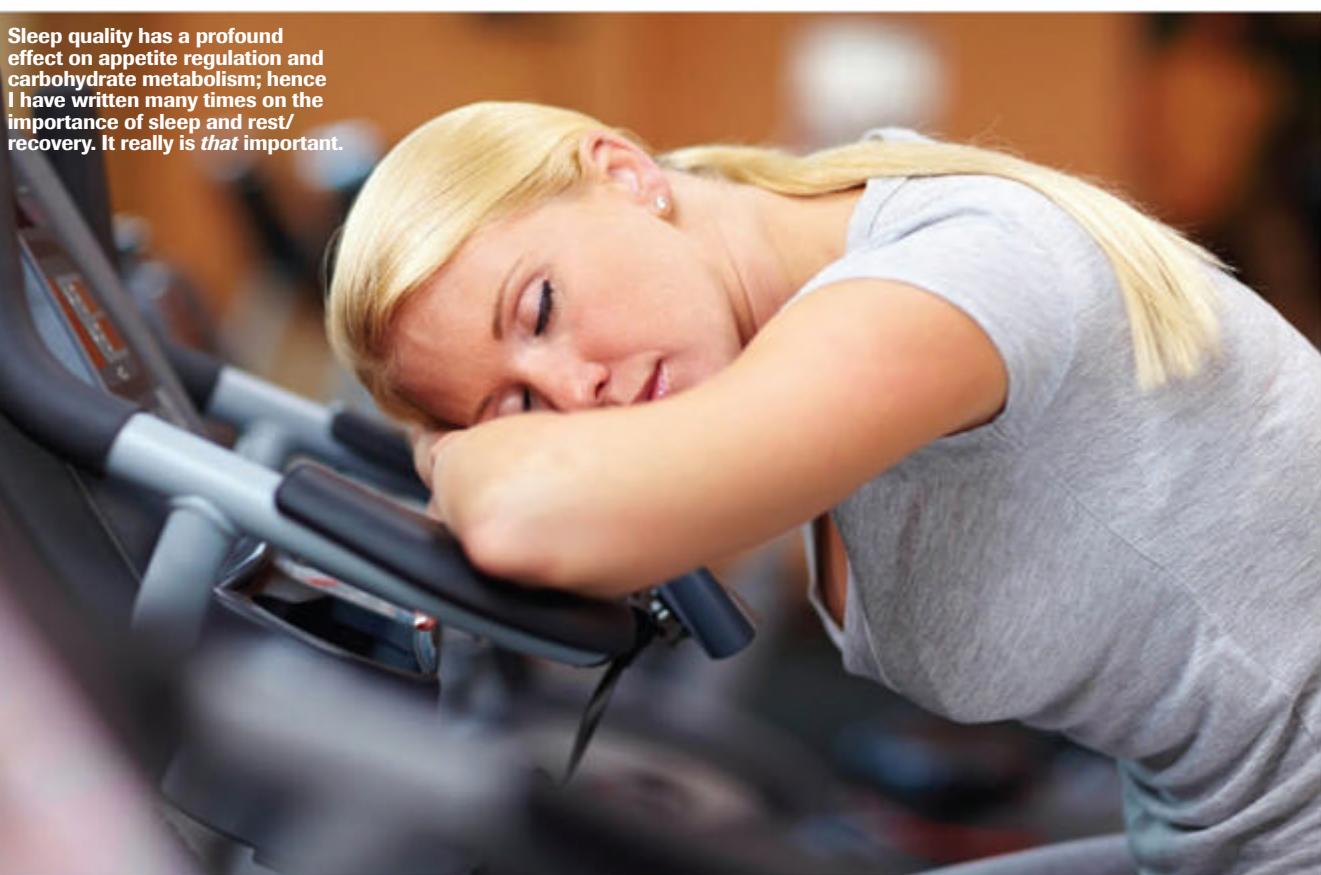
**Q: I am currently in a bulking phase. I am consuming well over 5000 calories daily and am definitely gaining muscle but, of course, I am also accumulating some extra padding. Apart from not looking as good, what other**

**issues should I be considering in terms of how much body fat I should allow myself to gain in this mass-building cycle?**

**A:** It takes an abundance of nutrition to build serious muscle mass. In fact, there is little room for debate that nutrition is the single most important factor in muscular hypertrophy. A daily intake of at least 4000 calories in the average male seems to accelerate the muscle-building process dramatically. The thing about body fat accumulation in a bulking cycle is that eventually too much fat can become a real roadblock on the path to muscle mass. It is not uncommon for a lifter to put on around 2.5 kg of fat for every one kilo of muscle in a bulking cycle. Too much extra body fat does have quite a few negative aspects including the following:

- 1. An unhealthy lipid profile.** High body fat raises cholesterol and increases the risk of heart disease.
- 2. A decrease in BMR.** The more body fat a person has, the lower their basal metabolic rate. This means slower muscle growth.

**Sleep quality has a profound effect on appetite regulation and carbohydrate metabolism; hence I have written many times on the importance of sleep and rest/recovery. It really is *that* important.**



**3. Sluggish performance.** As a lifter acquires more body fat, they more often than not have poorer energy levels. This can lead to poor training endurance.

**4. Reduced appetite for nutrient-dense foods.** Research has discovered a link between body fat levels and appetite. People with high body fat can develop a condition where they only get satiety from high fat foods and this makes dieting difficult to stick to.

**5. Hypertension.** High body fat can increase blood pressure and lead to an increased risk of vascular disease.

If your body composition is improving, you know your chosen plan is working for you.



**6. Poor motivation.** A lot of the time a lifter will become content with being fat if it means looking bigger. That's what you see in a lot of gyms: big but fat trainees. They resist a decrease in body weight and are usually suffering, in my opinion, some degree of 'bigorexia' (feeling like they do not look big enough). In fact, they are most likely inhibiting further muscle growth by clinging to their adipose security blanket. These 'athletes' usually do not have the motivation to force change and improvement in their physiques. So what's the answer? A common tactic used for decades is to go on a



You're bound to put on fat during a bulking cycle, but too much extra body fat has many negative aspects.

high-low carbohydrate diet. This diet applies some sound logic in a relatively simple and very realistic eating regime. I have used it with some trainees myself and it works really nicely. It's good because it doesn't cause the body to lose much muscle mass; in fact, it is possible to build muscle while eating like this, although not at a significant rate, like you would if you were in a large calorie excess.

The high-low carb diet looks something like this:

Each cycle lasts four days. One cycle follows the next and the number of consecutive cycles ranges from five to 12.

**Day 1:** Moderate carbohydrate intake, 1.5 grams per pound (0.45 kg) of body weight. Moderate protein intake, 1 gram per pound of body weight. Low fat intake,  $\frac{1}{4}$  gram for each pound of body weight.

**Day 2:** Low carbohydrate intake, 0.5 grams per pound of body weight. High protein intake, 1 gram per pound of body weight. Low fat intake,  $\frac{1}{4}$  gram for each pound of body weight.

**Day 3:** Low carbohydrate intake, 1.5 grams per pound of body weight. High protein intake, 1 gram per pound of bodyweight. Low fat intake,  $\frac{1}{4}$  gram for each pound of body weight.

**Day 4:** High carbohydrate intake, 1.5 grams per pound of body weight. Moderate protein intake, 1 gram per pound of bodyweight. Low fat intake,  $\frac{1}{4}$  gram for each pound of body weight.

IM



Ingrid Barclay is the owner of Body Conquest, an elite personal training service specialising in contest preparation for men and women. Ingrid is a Master Trainer of more than two decades, the author of *Go Figure* and a NABBA/WFF judge who has helped numerous competitors to compete at their very best. Ingrid can be contacted on 0424 180 093 or through [ingrid@bodyconquest.com.au](mailto:ingrid@bodyconquest.com.au)

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## Dream It, Do It

Jack Charalambous wanted to change his life for good. When he stumbled across the BodyBlitz Challenge, he saw his opportunity and took it with both hands.

What motivated me to enter the BodyBlitz Challenge the most was wanting to change my life. I've always had the gym at home but had never used it until I stumbled on the 12-week body challenge and boosted my motivation to a whole new level.

Seeing how I was when I first started this challenge makes me wonder how I even became like that. I was very small, very skinny and had no muscle.

I had no personal trainer and no guidance on what to be eating. Everything I was performing in this challenge was through extensive amount of research on the internet. I told myself that if I do this, I do not want help from anyone, so I can prove to myself that I am more than what I was.

### MY MEASUREMENTS

	BEFORE	AFTER
Height	170 cm	170 cm
Weight	56.5 kg	62.3 kg
Chest	63 cm	95 cm
Waist	71 cm	66 cm
Calves	33 cm	34 cm
Arms	30 cm	34 cm
Thigh	51 cm	53 cm

Every time I was losing motivation throughout this challenge, I made sure that that did not stop me. I pushed through and I knew that the results would not be an overnight process. I was working for hours and hours on my craft; I eventually became addicted to exercising.

While exercising, I was not just listening to music in my earphones; I was listening to many motivational and inspiring speeches and that brought my workouts to a whole new level. I made sure I did whatever I could on my



ENTER THE **BODYBLITZ**  
**12 WEEK CHALLENGE**

## SAMPLE WORKOUT

**Day 1:** Chest, abs, triceps

**Day 2:** Back and biceps

**Day 3:** Legs

**Day 4:** Chest and shoulders

**Day 5:** Abs, triceps and back

own and made sure to see it through to the very end. My body has changed, my mindset has changed and now I will keep on exercising as this challenge has really changed my life.

Now that I have finished the challenge and will continue on, I have decided that I want to become a personal trainer and develop a career and my own business to help others that are struggling, to help change their lives. I think I have always wanted to become a personal trainer but never actually did anything about it until now. I will be taking part in a course in personal training and I will start to develop my skills and knowledge even further.

That will be my mode going forward. To never give up, to keep moving on and to stay true to yourself. If you can dream it, you can do it. Stay strong, stay motivated and, as I always say to myself, no more excuses! ☺

## SAMPLE MEAL PLAN

**Breakfast:** Eggs and a protein shake

**Second breakfast:** Bowl of oats

**Third breakfast:** Egg sandwich

**Lunch:** Chicken and rice

**Second lunch:** Chicken and rice

**Third lunch:** Pasta

**Dinner:** Chicken/steak with vegetables and rice

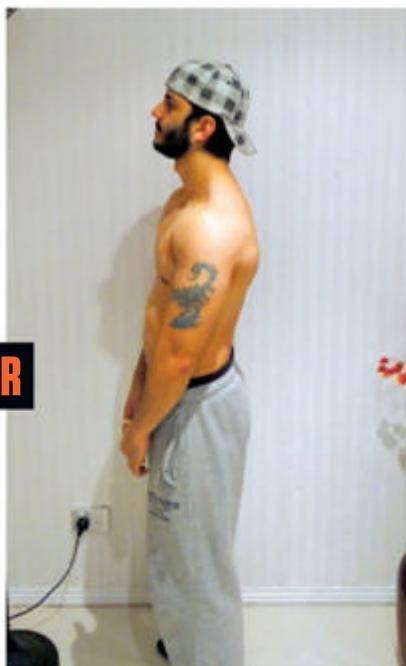
**Second dinner:** Protein shake



BEFORE



AFTER



# CHALLENGE YOURSELF

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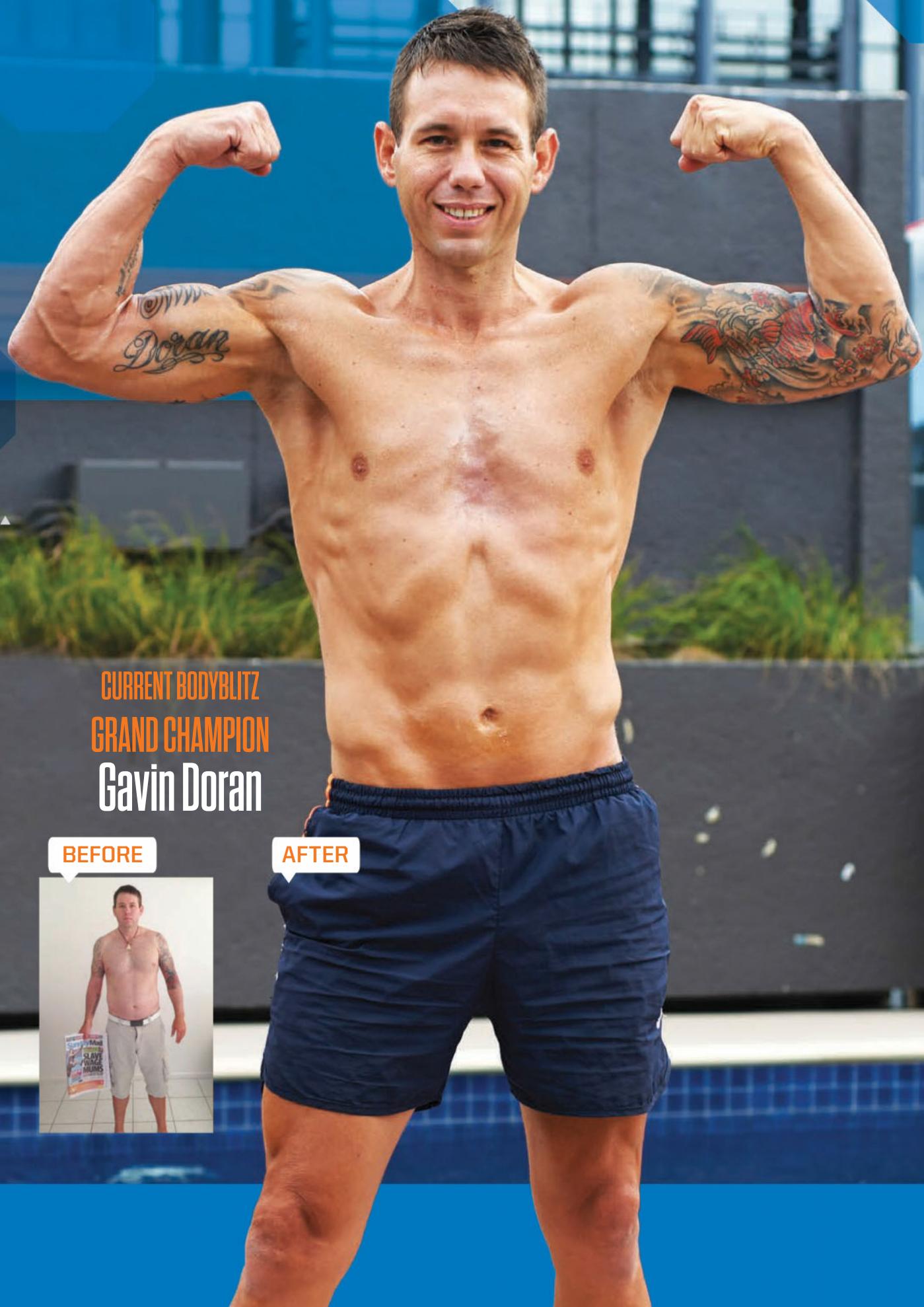
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CURRENT BODYBLITZ  
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BEFORE



AFTER

IM

WET 'N' WILD



## Courtney

Photography by Charlie Suriano

### Where do you hail from?

I'm from Perth, WA.

### How did you come to be in the calendar?

I shot with Charlie for a portfolio update and wanted to work with him for a fitness photoshoot. Charlie knew I was really into my fitness and so he thought I would make a great candidate for the calendar.

### Tell us a funny story.

Hmm, funny story...I have plenty of them on a daily basis. My most recent one was Easter weekend. Everyone knows I'm not great at cooking but my family decided to put me in charge of toast. I continued to tell them I am great at toast, that's the one thing I'm good at. I cancel my toast to check on it then push it back down into the toaster. Somehow I got distracted and next thing you know I can smell burning. And yep, that's my toast that was burning. Everyone continued to tell me the whole morning, "You had one job!" Story of my life [laughs].

### What did you want to be when you grew up?

I had a lot of job ideas growing up but I know I really did not think I would be doing what I'm doing right now. I'm definitely extremely happy with my choice in direction. I've always been involved with fitness and I'm so glad I've excelled in my chosen field. Passion drives me further.

### What is your relationship to the fitness industry?

I've always taken an interest in anything fitness related and always surrounded myself within the fitness community. I've been involved in fight nights and also about to get involved in wrestling. I also compete in bodybuilding competitions as a bikini athlete and I love to blog about everything I learn with health and fitness along the way.

### You obviously keep yourself in great shape. Tell us about your fitness routine.

At the moment I'm training six times a week weight sessions and three HIIT sessions. My routine changes often and especially depending on what my goals are.

### What's your favourite exercise?

Glute exercises — kickbacks and hip thrusts. I also love all things shoulders!

### What's your least favourite exercise?

Anything to do with chest; not a fan of it.

### Do you prefer weights or cardio or do you change it up?

Definitely prefer weights, but I don't mind cardio. I do love coast walks!

### Tell us about your competition history.

I've competed twice before and will be competing again this October in the IFBB and also the Amateur Olympia in November.

### Are you strict about your diet or are you a sucker for the bad stuff?

#### Do you have a nutrition plan?

I am such a focused person, so I stick to my plans extremely well. I am a sucker for chocolate though. I try to steer away from it because when I start, I can't stop! I do love my nutrition plan. I've just started with Team Peach with IFBB pro Summer Bernard as my coach, where I follow a flexible eating diet plan of IIFYM. I can't recommend this way highly enough. It works extremely well for me.

### Do you use supplements?

I do. I just take your general supplements like protein powder, BCAAs, multivitamins, Green Tea X50 and a few others depending on what's needed for me personally. I like trying new products on the market so Flush Fitness always keep me up to date with the latest.

### What is your favourite male body part?

Big arms for sure!

### What is your own body part that you like the best?

Would have to say my glutes. I get a lot of attention for my big booty. A lot of those "How much do you squat" questions come my way.

### What advice would you give to someone wanting to start out in the modelling and fitness industry?

I would recommend to really do your research about the direction in which you wish to take...especially fitness. You must look into what diet approach you feel is right for you and your lifestyle and also the same with training. I know when I started I contacted the people who inspired me and asked how they got started. From there they can recommend someone for you and also give you a real insight into the world, that way you can really see if it's for you. I know I spoke to a lot of people within the industry, I watched documentaries on bodybuilding, read fitness blogs. I did all I can to make sure it was a step in the right direction.

### When you get the opportunity to have some time to yourself, what do you usually get up to?

When I do get the opportunity to have some downtime, I generally work on my fitness blog. Lately when I'm on top of everything I need to do and preparing my meals, I would sneak a few episodes of *Orange is the New Black* and *Wentworth* in.

### Who is the person you admire most from the fitness world?

I admire so many from the fitness world. My favourite ladies are Michelle Lewin, Larissa Reis, Amanda Doherty, Paige Hathaway, Ashley Kaltwasser, Ashley Horner, Chady Dunmore and, of course, one of my ultimate favourites is my coach Summer Bernard. Such beautiful ladies. Of course, the list goes on and on — and there are so many people out there that I admire and look to for motivation. 



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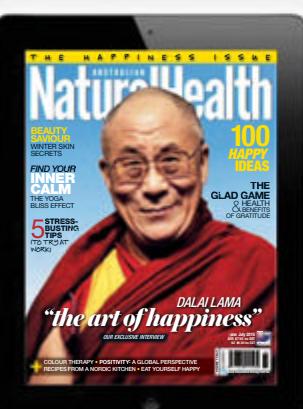
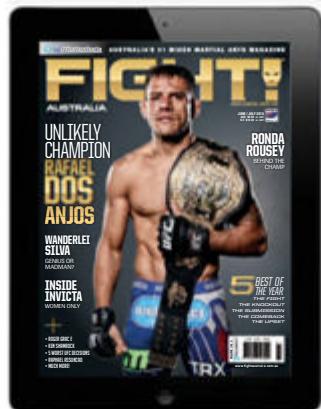
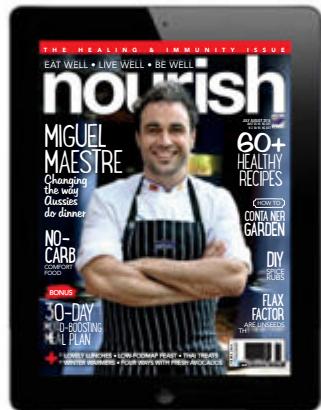
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# IM IRON MAN INTERACTIVE

## VIDEO PROPS

I just wanted to say that I've been loving all the videos that Dayne Hudson has been doing for Iron Man on your website. I particularly liked the series where he talked to bodybuilders at the Arnold Classic Australia about Arnie's comments on the current state of bodybuilding judging.

— Zach, via Facebook

Thanks, Zach! We're very happy with them too. Dayne Hudson from TV's Fit'n'Flexed teamed up with Iron Man at the Arnold Classic Australia and we got some fantastic content. To view all the videos, check out [www.ironmanmag.com.au](http://www.ironmanmag.com.au). — Ed



Dayne Hudson interviews Phil Heath.



## DANA MANIA

I just wanted to say that I loved, loved the feature with Dana Linn Bailey [Iron Man, Volume 22, No. 4]. It was beyond inspiring. Please give us more stories like that. Thank you, Iron Man!

— Marielle, via email

## FAST TRACK TO COVER MODEL

I'm a 22-year-old natural Men's Physique competitor. How do I become an Iron Man cover model?

— Nathan, via email

What's your story, Nathan? After all, you have to have a story. Winning competitions, being ripped and looking good helps but doesn't guarantee you'll land a cover. There are only 12 issues in a year and 12 people get to be on our cover. The magic formula is a combination of marketability, timing, work ethic and that indefinable spark between model and photographer that creates a timeless image that will go down in history. So, do you have that? — Ed



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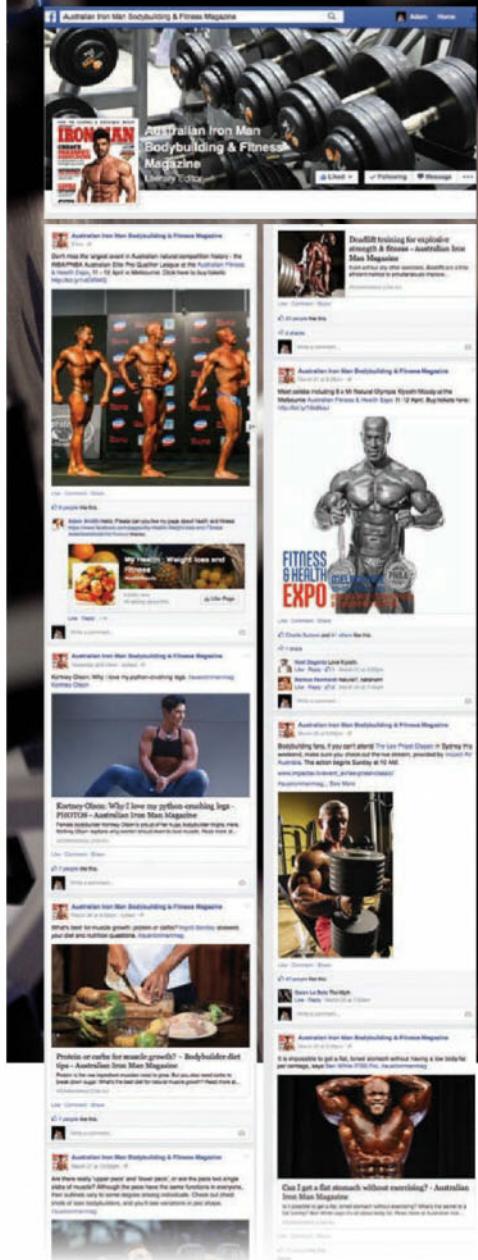
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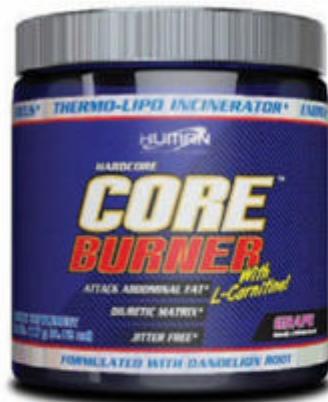


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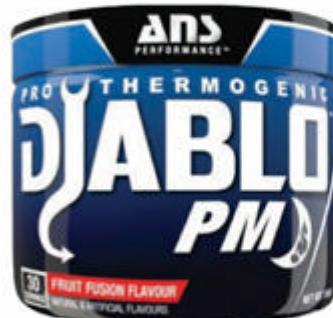


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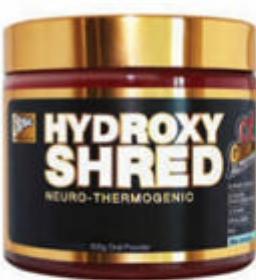
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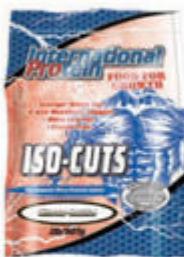
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As carnitine is a powerful mitochondrial antioxidant, the combination with glycine and a propionyl tester results in overall improved mitochondrial efficiency during energy production (Bloomer & Smith, 2009; Diaz-Flores et al., 2013). Therefore, the use of GPLC may increase anaerobic power and reduce the oxidative stress load as a result of intense exercise.

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**For more information,**  
visit [www.gen-tec.com.au](http://www.gen-tec.com.au)



## Mac Lemon Paleo Bar

### Blue Dinosaur

With macadamia, coconut and lemon, this bar tastes just like lemon slice but is completely gluten free, soy free, dairy free, preservative free, sulphur free, non-GMO, vegan friendly and has no artificial colours, flavours or added sugars. Made with only sulphur-free organic coconut, dates, macadamia nuts, organic coconut oil and organic cold-pressed lemon oil, it's a beautiful, healthy, honest snack.

**For more information,**  
visit [www.bluedinosaur.com.au](http://www.bluedinosaur.com.au)



## Endura Optimizer

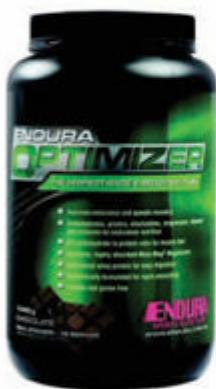
**Endura**

Endura Optimizer is designed to be the perfect race and recovery formula. With carbohydrates, protein, electrolytes, magnesium, vitamins and minerals, it's ideal for endurance nutrition as well as improving endurance and speeding recovery. It also features:

- 6:1 carbohydrate to protein ratio for muscle fuel
- Exclusive, highly absorbed Meta Mag magnesium
- Hydrolysed whey protein for easy digestion
- Scientifically formulated for rapid absorption
- Lactose and gluten free

Endura Optimizer is available in 1440g in three great flavours: Chocolate, Vanilla and Banana from sports specialty stores, pharmacies and health food stores.

Visit [www.endura.com.au](http://www.endura.com.au) for your nearest stockist or contact Health World Limited on 1800 777 648 for more information.



## Protein Bites

**Novo Nutrition**

Novo Nutrition Protein Bites have a massive 20g of protein in every bag. That's the equivalent of eating 70g of chicken breast. In addition, Protein bites are baked, not fried, and rich in fibre.

Available from [www.vitaminking.com.au](http://www.vitaminking.com.au)



## Protein Chips

**Quest Nutrition**

Chips have always been delicious. No argument there. But the carb-loaded snacks have always been reserved for cheat days or impulsive munching...until now. With 21 grams of high-quality protein per bag, Quest Protein Chips are the only chips you can enjoy at the gym, on the go, or as an anytime snack completely guilt-free. In fact, guilt has nothing to do with it. Every bold, mouth-watering flavour has only five grams total carbs and zero junk ingredients — so you can eat the whole bag.

Available from [www.vitaminking.com.au](http://www.vitaminking.com.au)



## Cacao Mint Paleo Bar

**Blue Dinosaur**

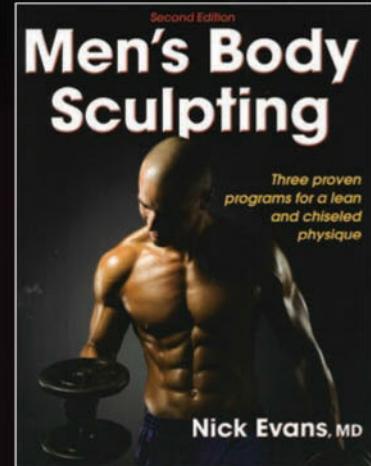
We're still trying to get used to the idea that a snack bar can be so healthy and taste so good! Blue Dinosaur's Cacao Mint bar tastes as chocolatey and minty as an after-dinner mint but is made from only sulphur-free organic coconut, dates, organic coconut oil, raw organic cacao and organic cold pressed peppermint oil. It's gluten free, soy free, dairy free, preservative free, sulphur free, non-GMO, vegan friendly, with no artificial colours, flavours or added sugars. If you're a fan of choc mint, this bar will be a revolution for you.

For more information, visit [www.bluedinosaur.com.au](http://www.bluedinosaur.com.au)





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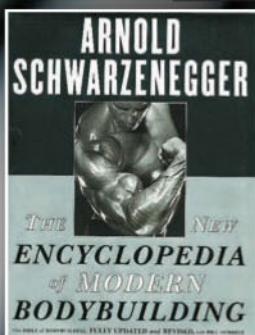
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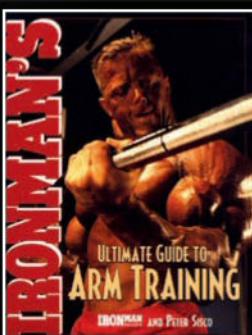
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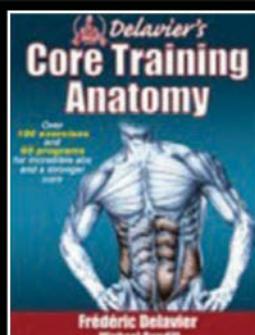
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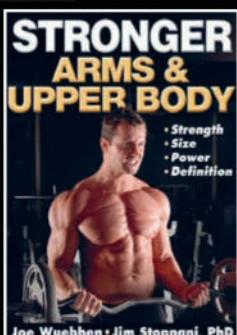
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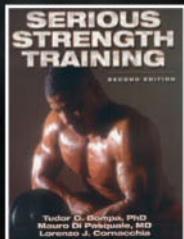
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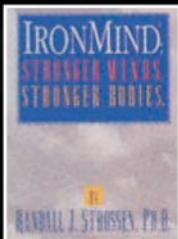
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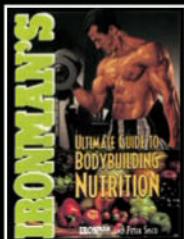
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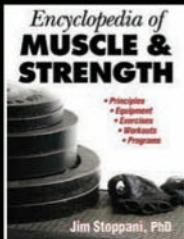
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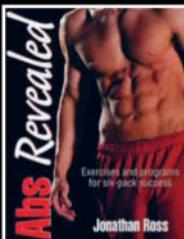
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# IM 2015 CALENDAR OF EVENTS

## INBA [www.inba.com.au](http://www.inba.com.au)

MONTH	DATE	EVENT	LOCATION	STATE	CONTACT
June	28	All Female Classic	Moonee Valley Race Club	VIC	0402 555 505
August	22	North West Titles	Tambrey Centre (Karratha)	WA	0403 165 496
September	5	INBA Natural Universe	Austin, Texas, USA		0418 166 790
September	5	West Australian State Championships	Kingsway Indoor Stadium	WA	0403 165 496
September	12-13	West Coast Super Show Titles	Convention Centre	WA	0403 165 496
September	12-13	West Coast Super Show Pro Qualifier	Convention Centre	WA	0403 165 496
September	13	South Coast Classic	Shellharbour Workers Club	NSW	(02) 9633 2661
September	19	North Queensland Championships	Townsville Entertainment Centre	QLD	0490 078 844
September	19-20	SA State Titles	Norwood Concert Hall	SA	(08) 8373 0735
September	20	Victorian State Titles	Moonee Valley Race Club (MVRC)	VIC	0402 555 505
September	20	Tasmanian State Titles	Albert Hall, Launceston	TAS	(03) 6223 6028
September	20	ACT Championships	National Convention Centre	ACT	0403 147 999

## NABBA/WFF [www.nabba.com.au](http://www.nabba.com.au)

MONTH	DATE	EVENT	LOCATION	STATE	CONTACT
June	20	NABBA World Championships	Malta		Graeme Lancefield +61 408 350 983
June	27	WFF Universe Championships	La Ciotat, France		Graeme Lancefield +61 408 350 983
September	12	Bendigo Classic	Capital Theatre, Bendigo	VIC	Daniel Lancefield +61 407 889 560
October	4	Victorian Championships	TBD	VIC	Daniel Lancefield +61 407 889 560
October	18	Australian Championships	TBD	VIC	Daniel Lancefield +61 407 889 560
November	7	WFF World Championships	Pretoria, South Africa		Graeme Lancefield +61 408 350 983

## Fit Athletic Physiques [www.fitap.com.au](http://www.fitap.com.au)

MONTH	DATE	EVENT	LOCATION	STATE	CONTACT
June	20	First Call Out Classic	Phoenix Park Community Centre	VIC	fitathleticphysiques@gmail.com.au or 0478 058 970

## ANB [www.anb.com.au](http://www.anb.com.au)

MONTH	DATE	EVENT	LOCATION	STATE	CONTACT
September	6	ANB WA Mayhem	Vasto Club, Balcatta	WA	David Salomon 0426 263 655
September	6	ASN Newcastle Northern Classic	Panthers Club, Newcastle	NSW	Robert Powell 02 9630 0338
September	13	North Queensland Naturals	Jupiters Casino, Townsville	QLD	Rhonda Barnes 0429 900 323 anbnorthqueensland.com.au
September	13	ANB Canberra Championships	Australian Institute Sport	ACT	Matt 0432 273 822, asncanberra@hotmail.com
September	20	QLD Bodybuilding, Figure & Fitness Model Titles	Southport Sharks, Southport	QLD	Raylene 02 9639 0338
September	26	NSW Central Coast Natural Physique Titles	Impact Centre, Erina	NSW	Mick Moss 0412 656 548,
September	27	ANBSA Revolution	Norwood Town Hall	SA	David Salomon 0426 263 655, anbsa.com.au
October	3	Natural Swimwear & Fitness Model Championships	La Trobe Uni, Union Hall, Bundoora	VIC	Maria McCarter 0417 055 922
October	4	Victoria State Bodybuilding & Figure Competition	La Trobe Uni, Union Hall, Bundoora	VIC	<a href="http://www.anbvictoria.com.au">www.anbvictoria.com.au</a>
October	10	Australian Oxygen Fitness & Model Championships	Marconi Club, Bossley Park	NSW	Robert Powell 02 9630 0338
October	11	Australian Bodybuilding & Figure Championships	Marconi Club, Bossley Park	NSW	Robert Powell 02 9630 0338

## IFBB [www.ifbbaustralia.com.au](http://www.ifbbaustralia.com.au)

MONTH	DATE	EVENT	LOCATION	STATE	CONTACT
July	12	All Female Classic and Men's Physique QLD	Southport Sharks Club	QLD	0410 403 530 or carole@ifbbaustralia.com.au
July	19	All Female Classic and Men's Physique NSW	Cronulla Sharks Club	NSW	0410 403 530 or carole@ifbbaustralia.com.au
July	25	Amanda Doherty All Female Classic	Kingston Arts Centre	VIC	Tony Doherty, tony@dohertysgym.com
November	14-15	NSW Championships for Men and Women	Cronulla Sharks Club	NSW	0410 403 530 or carole@ifbbaustralia.com.au
November	27-29	Amateur Olympia and National Championships	Gold Coast Convention Centre	QLD	0410 403 530 or carole@ifbbaustralia.com.au
November	TBA	Victorian Championships	TBA	VIC	Tony Doherty, tony@dohertysgym.com
November	TBA	South Australian Championships	TBA	SA	Grace and Andrew Crawford, 0416 304 260
November	TBA	West Australian Championships	TBA	WA	Mike O'Mara, 0414 443 254
November	TBA	Queensland Championships	TBA	QLD	0410 403 530 or carole@ifbbaustralia.com.au

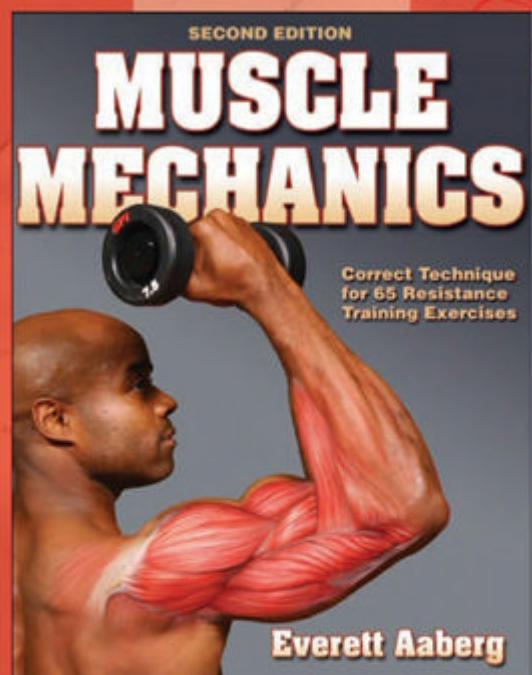
## WBFF [www.wbffshows.com.au](http://www.wbffshows.com.au)

MONTH	DATE	EVENT	LOCATION	STATE	CONTACT
October	17	The WBFF Australian Championships	The Arts Centre Gold Coast	QLD	<a href="http://www.wbffshows.com.au">www.wbffshows.com.au</a>

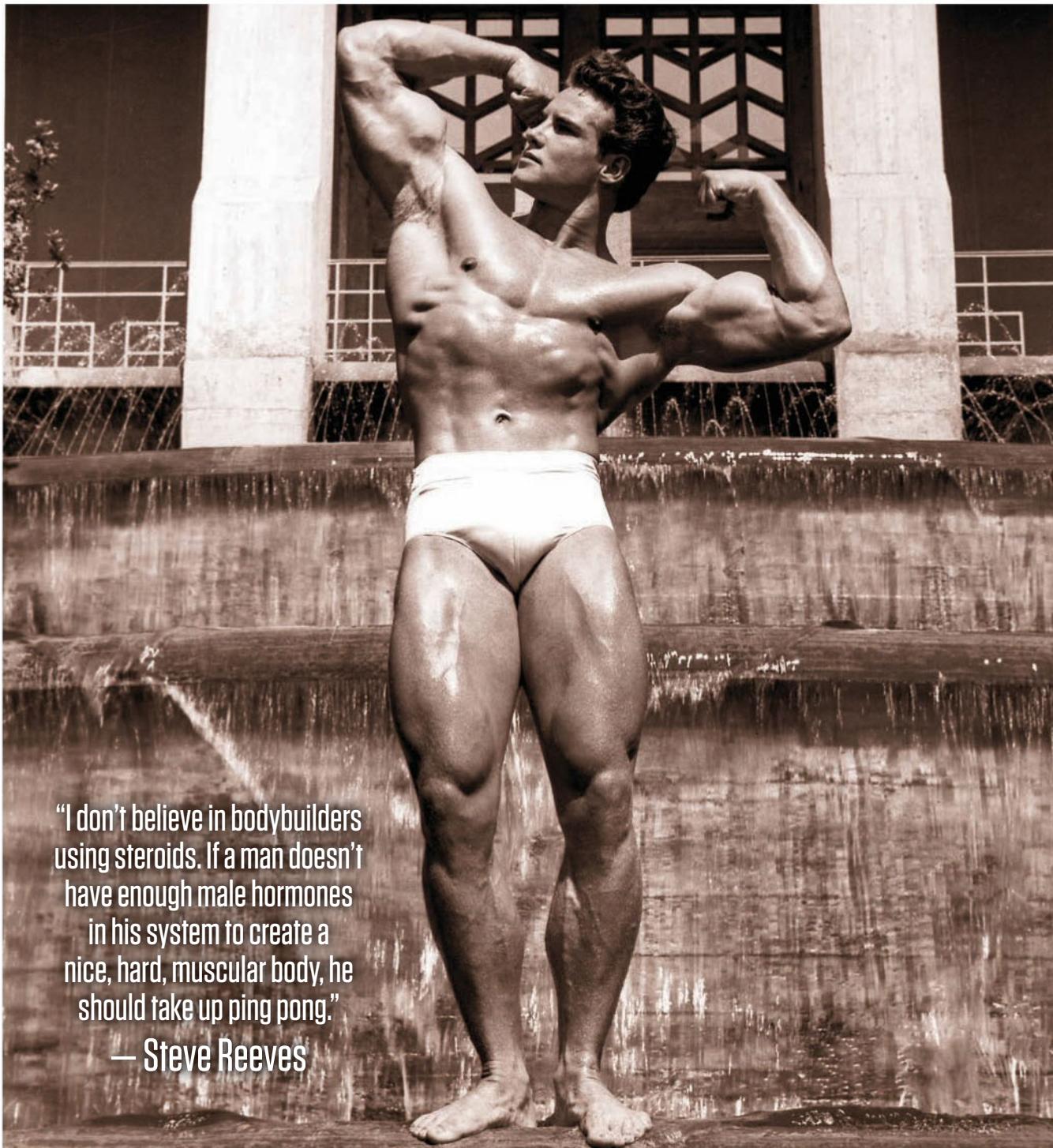
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— Steve Reeves

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